



HUNGRY HEARTS NO MORE

A program supporting food-insecure families in our neighborhood

How you can help:

- 1) **Donate food.** Items can be left in the marked bins in the church lobby any time the church is open.
- 2) **Donate money or grocery gift cards.** Don't have time to pick up food, no problem! We have people who will do the shopping. Jennie Carter and Teresa Cooper in the Peace Office are able to take cash or checks made out to Peace Lutheran Church (Hungry Hearts in the memo line) and provide you with a tax receipt. (Contact them at plcyouth@gmail.com or plchurchville@gmail.com)
- 3) Work with us to **organize food drives** with your charitable group.
- 4) Get creative and **pack meal kits including all ingredients and a recipe for one meal.**
- 5) **Volunteer to do the shopping** for one week.
- 6) **Join the team!** We shop, pack the bags, plan meals, stock the pantry, do inventory and coordinate with other groups on food drives and support. And we have fun doing it!

Food items we always need: large shelf stable milk, cereal, oatmeal, bags of rice, bags of dry beans, peanut butter and jelly, large meal size soups, large boxes mac n cheese, canned proteins (such as ham, tuna, chicken, turkey, salmon, beef), frozen proteins (such as meatballs or chicken), fresh fruit, fresh veggies, healthy snacks (granola bars, nuts, dried fruit, pretzels, crackers).

THANK YOU! YOU'RE MAKING A DIFFERENCE IN OUR NEIGHBORHOOD!