

FEED THE HUNGRY

INSTRUCTIONS FOR PARTICIPATION

Feel free to show up on any given Saturday!

If you would like to be added to the volunteer list contact

Ife Anikpe at

ifanikpe@gmail.com

HELPING WITH DISTRIBUTION

The Feed the Hungry group starts handing out food at the **Valero gas station**, located across the street from the Petro Truck stop on Hollowell Pkwy. Please meet the group no later than 10:30 a.m. every Saturday, rain or shine.

Ask for Pauline or Jo if you have any additional questions once you are there.

CONTRIBUTIONS

Deliveries can be made throughout the week to the Spiritual Center. Please label donations with “**Feed the Hungry.**” Stickers are available on the fridge in the Spiritual Center.

To keep the sandwiches fresh, please deliver no earlier than Friday. Deliveries can be made the morning of on Saturdays no earlier than 9:00 a.m. and no later than 10:15 a.m.

Please call the church office ahead of time to have someone meet you at the Spiritual Center to accept the donation.

Sandwiches:

Whole wheat bread,

1 cheese slice

1-2 slices of deli-style meat (**Turkey or Ham ONLY**)

Mayo or Mustard

Sandwiches should be placed in individual plastic sandwich bags.

Eggs: Hard boil the eggs and keep them in the shell. They should be packaged **two** to a plastic sandwich bag.

Oranges/Bananas: Please be sure that all fruit is in good condition.

Variety of Chips

Pastries (donuts, cookies, etc.)

Bottled Water

Juice boxes

Plastic Grocery Bags (a chance to recycle)