

Don't just give up, give back.

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## SUGGESTED ITEMS

Rice  
Pasta  
Cereal  
Canned Tuna/Meat  
Canned Beans  
Peanut Butter  
Canned Vegetables  
Canned Fruits  
Canned Soups  
Jelly  
Canola or Vegetable Oil  
Ketchup  
Mustard  
Spaghetti Sauce



*Associated*  
CHURCHES  
of Fort Wayne & Allen County



Giving up coffee, candy, or chocolate for Lent? Make your sacrifice an offering to the hungry.

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## HOW TO GIVE

- Start a food drive at your church or place of business and donate non-perishable food items.
- Drop off donations at Associated Churches, 602 E. Wayne St.
- Need your items to be picked up, contact us at 260-422-3528 or [foodbank@associatedchurches.org](mailto:foodbank@associatedchurches.org).
- Give the money you saved from your sacrifice to Associated Churches by check or safely at [www.associatedchurches.org](http://www.associatedchurches.org).

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