

PROJECT 5000

Two thousand years after Jesus fed hungry people there are still people who need to be fed physically and spiritually. Project 5000, inspired by Jesus' feeding the 5,000, feeds hungry people. Through this project we work with the Inter-Faith Council Food Pantry to provide emergency supplies to those in need. Thank you for participating!

INSTRUCTIONS FOR PARTICIPATING IN PROJECT 5000

1. Put your box in a place where you will see it often. It will serve as a reminder of our participation in Project 5000 and will help you to fill it more quickly.
 2. The list below includes food items specifically designed to meet the needs of a family of four for two days. Items will all fit into the box provided. Please do not substitute items.
 3. Variety in canned items will be appreciated. Meats include Spam, corned beef hash, beef stew, chicken, tuna, and salmon. Avoid buying unusual or exotic foods. Do not include glass containers, dented cans, or items for which the expiration date has passed.
 4. Please return filled boxes to the UUMC Sanctuary as soon as possible but no later than Sunday March 2. Use the tape provided to seal the bottom of each box before filling it. Do not seal the top: just fold the flaps.
 5. Many families will want to take more than one box. Take as many as you want and fill them all!
 6. Families with children can encourage them to participate in the project by making the purchase of food items a family event and by allowing children to contribute to the cost.
 7. Allow your participation in this project to be a spiritual growth experience. Pray for the persons who will receive your boxes of food and for those around the world who do not have enough food.
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Food items to put into each Project 5000 Box:

1. 2 cans of meat (2 different varieties – 12–24 oz. each)
2. 2 cans of vegetables-*not green beans or peas, please* (14.5 oz. each)
3. 2 cans of fruit (15 oz. each)
4. 1 can of pasta (15 oz.) (e.g., ravioli)
5. 2 boxes of macaroni and cheese (7.25 oz.)
6. 1 can of spaghetti sauce (26.5oz)
7. 2 cans of pork & beans or baked beans (16 oz. each)
8. 1 box of hot cereal (18 oz.)
9. 1 package of powdered milk (9.6 oz.)
10. 2 package of muffin/biscuit mix (8 oz.)
11. 2 cans of condensed soup or 1 can of non condensed soup.
12. 1 plastic jar of peanut butter (18 oz.)
13. 1 plastic jar of jelly (32 oz.)

Note: Sizes may vary slightly by brand.