

CHANGE THE WORLD

“PROJECT FEED 5000” FOOD LIST

Emergency food list for a family of four for two days

2 cans meat (12-24 oz. each)

1 lb. dry pasta

2 cans vegetables (14.5 oz.)

1 jar peanut butter (18 oz.), preferably creamy

2 cans fruit (16 oz.)

2 boxes macaroni and cheese or rice (7^{1/4} oz.)

2 cans soup (10^{3/4} oz.)

1 lb. dried beans or 1 can baked beans

1 box hot or dry cereal (12-18 oz.)

1 can spaghetti sauce (15-26 oz.)

1 can evaporated milk (12 oz.) or 1 pkg of 3 (8 fl. oz.) of non-refrigerated milk

(Please do not use glass containers or dented cans)

Please return your donation to Christ Church in a box or in a plastic shopping bag. You may drop them off at either of the welcome centers or in the church office.