



# Monthly Mega Snack Bag-a-thon



Each month Christ the King provides more than 200 snack bags to hungry individuals who come to our doors. Some are homeless and have no other means of receiving their daily bread. Others run short of food during the month and use the snack bags to supplement their monthly grocery needs.

**Snack bags contain a protein item, a fruit and some crackers.** Please help us feed the hungry by donating individual pull top cans of a main dish item (such as chili, macaroni and cheese, spaghetti, beef stew or ravioli), individually wrapped crackers, apple sauce or fruit cups to place in the bags. Here are some examples of items we've used in the past:



**Here's how you can help:**

**BRING** food items for the snack bags.

- **Purchase non perishable foods like the ones above** (no fresh fruit or anything will spoil or get stale after its original packaging is opened - economy sizes, items put in ziplock bags)
- **Items individually packaged in the manufacturing process**
- **Items that require no additional cooking needed (ready to eat)**

**MAKE** snack bags

We meet on the 2nd Wednesday of the month at 6:30 pm in Conference Room 4 on the lower level of the Cathedral. Please check the Bulletin for schedule changes. Everybody is welcome to help out. This is a great service project for families, the youngsters and the young of heart!

**Want more information?**

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