



40 for 40 Lenten Food Drive

Participate in the Lenten practice of giving

February 18 - April 5

In observance of Lent, many people choose to give up something they enjoy as they enter a period of reflection. An alternative is to practice almsgiving by donating food to those in need: 40 items for the 40 days of Lent.

Please consider donating shelf stable items to our FPC Food Pantry to feed hungry people in our community. Some suggestions are below.

Week 1 (February 18-21)

- heartly soup
- chicken and dumplings canned soup
- chicken or vegetable broth
- canned chili or Chef Boy-ar-Dee

Week 2 (February 22-28)

- toothbrush, individually packaged
- toothpaste, travel or regular size
- travel-size deodorant
- travel-size hand wipes (10-20 count)
- travel-size shampoo/conditioner
- manual can opener

Week 3 (March 1-7)

- dried beans (black, kidney, pinto)
- rice
- canned fruit (any type)
- canned vegetables (any type)
- envelope packages of tuna
- small boxes of raisins or trailmix

Week 4 (March 8-14)

- beef sticks or Slim Jims
- breakfast bars or protein bars
- pkgs of cheese / peanut butter crackers
- granola bars (individually wrapped)
- lunch size applesauce or fruit
- microwave mac & cheese or ramen singles

Week 5 (March 15-21)

- Jiffy corn bread or biscuit mix (small box)
- shelf-stable milk or plant-based milk
- shelf-stable entrees (i.e. Hormel Completes)
- Stovetop stuffing
- mac and cheese (family box)
- instant mashed potatoes

Week 6 (March 22-28)

- peanut butter
- jelly
- canned chicken
- canned tuna
- spaghetti sauce (canned preferred)
- pasta - spaghetti or elbow noodles

Week 7 (March 29-April 4)

- microwave meals (shelf-stable)
- baked beans
- Hamburger Helper or Tuna Helper
- cereal - family box
- oatmeal
- Pop Tarts

To order online and have food shipped directly to FPC, go to our Amazon Wish List at [fpcmarietta.org/pantry](https://www.amazon.com/fpcmarietta.org/pantry).

When choosing items, please consider pop top cans and non-glass containers when available

Donations may be placed in the designated bins in the Gathering Space.

Each week, the Pantry provides food for over 350 families in need in our community. Your donations also support homeless families, students at Marietta City Schools, senior citizens and veterans, and recent graduates of The Women's Extension.

We know that your contributions will make a great impact on our community. It's our prayer that your giving will bless you abundantly as well.

For questions and comments, please contact Megan Rubio at MeganRubio@fpcmarietta.org.