

*-Give Thanks-  
Help Us  
'Flour the Table'!*

*During this special season when many of us give thanks and break  
bread together, please help  
- Flour the Thanksgiving Table-*

*Bring an item from the list below for our local food bank,  
NourishUp!*

*Your donations will help us create a visual reminder of God's  
gifts to us for Thanksgiving and help feed our community when  
so many need us to honestly reflect the meaning of  
Thanksgiving by sharing what we have here, locally, as well as  
around the world.*

You may bring food items to the church and place them in the  
boxes labeled "Flour the Table". If possible bring items from this  
list:

- Canned Meat - tuna, chicken, salmon
- Canned Fruit - no sugar added or in juice
- Canned Vegetables - no salt added or low sodium
- Pasta - canned or dry boxed
- Cereal - whole grain