



St. John's Norwood Nourishing Bethesda Lenten Food Needs List

First Week of Lent: February 17-23

- Can of vegetables
- Plastic jar of peanut butter
- Can of fruit
- 2 cans tuna

Second Week of Lent: Feb. 24 – March 2

- Can spaghetti sauce
- Box of pasta
- Dried black beans
- 2 Boxes of cereal

Third Week of Lent: March 3- March 9

- Shelf-stable milk
- Dried kidney beans
- Cannister of oatmeal
- Bag of Rice
- Can vegetables
- Can of soup
- Squeeze mayonnaise

Fourth Week of Lent: March 10-16

- 2 cans chicken
- Can vegetables
- Can of soup
- Squeeze mayonnaise

Fifth Week of Lent: March 17-March 23

- Canned tomatoes
- Can of coffee
- Bag/box of granola
- Box of oatmeal packets

Final Week of Lent: March 24-April 2

- Bag of rice
- Can fruit
- Small bag flour
- Plastic jar of salsa



ST. JOHN'S NORWOOD

