



Meeting needs. Transforming lives.

March 12, 2020

Dear Friends of ECHOS,

With the community spread of Covid-19, our families more than ever will be in need.

Many will have to self-isolate and avoid large crowds to be safe. Others will be impacted financially by the loss of jobs; lack of income and children will be missing out on the meals they get at schools during spring break.

There will be more demand for certain items, and we need your help to ensure our families do not go without these critical items. We are preparing stay at home boxes for our families to give to them when they come to the Food Pantry.

We already feed more than a thousand families each month. (6,500 individuals have been fed in the food pantry through February alone this year, many of whom are children under the age of 18.)

With the economic impact that is occurring everywhere our families will have increased needs.

This is a great opportunity to teach your children about the blessings of giving. Or a project your congregation can participate in.

When shopping for the items please remember not to buy glass containers or give expired foods.

You are encouraged to enclose an uplifting message or prayer for the family who will receive the bag/box! Also, if you want to include coloring books for children to keep them entertained at home please do so.

If you are unable to shop for items, there are other ways to participate. You can order from Amazon and have it delivered to ECHOS. Just let Kathy Eckhardt know it is coming so we can acknowledge your generosity.

Be prepared and be safe.

Kind Regards,

Cathy Moore
Executive Director

PREPAREDNESS BAG/BOX LIST

- 1 can green beans
- 1 can tomatoes or tomato sauce
- 1 Package stuffing mix
- 1 Package pasta
- 1 Can beans
- 1 Can chicken broth or soups
- 3 Cans of tuna or chicken
- 1 Package dehydrated mashed potatoes
- 1 1lb bag of rice
- 1 Can Corn
- 1 box of cereal
- 1 Can fruit or fruit cocktail
- 1 Package cake mix and frosting
- 1 1lb bag of dried beans

OTHER PERSONAL HYGIENE ITEMS TO CONSIDER

- Diapers sizes 4,5,6
- Hand sanitizer
- Bleach
- Feminine Napkins
- Soap
- Laundry soap

Please drop off the tote/bag/box to THE ECHOS office.
Thank you for all you do for the families we serve!