



Meeting needs. Transforming lives.

November 2019

Dear Friends of ECHOS,

With the holidays coming up, our pantry will be even more busy. We already feed more than a thousand families each month (30,227 individuals have been fed in the food pantry through September alone this year, many of whom are children under the age of 18.)

With your help, we want to make this holiday season special for the families we serve! This is a great opportunity to teach your children about the blessings of giving. Or a project your congregation can participate in.

This Thanksgiving help us make sure our families can celebrate with good food on their table. 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!

THANKSGIVING IN A BAG GROCERY 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
- 2 Cans of tuna or chicken
- 1 Package dehydrated mashed potatoes
- 1 1lb bag of rice
- 1 Can Corn
- 1 package cornbread mix
- 1 Package pasta
- 1 Can fruit or fruit cocktail
- 1 Package cake mix and frosting
- 1 1lb bag of dried beans

Please drop off the tote/bag/box before Monday November 18thth at THE ECHOS office. Thank you for all you do for the families we serve!

HAPPY THANKSGIVING TO YOU AND YOURS!

