

**Outreach Committee of St. Mark's presents**  
**Give Something Up . . . Give Something Away**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			February 18 Canned Vegetables	February 19 Canned Fruit	February 20 Cereal	February 21 Pancake Mix
February 22 Syrup	February 23 Cake Mix	February 24 Soup	February 25 Stew	February 26 Baked Beans	February 27 Pasta Sauce	February 28 Pasta
March 1 Mac & Cheese	March 2 Canned Chicken or Tuna	March 3 Peanut Butter	March 4 Jelly	March 5 Cooking Oil	March 6 Snacks	March 7 Crackers
March 8 Hot Chocolate	March 9 Juice	March 10 Coffee	March 11 Deodorant	March 12 Toothbrush	March 13 Toothpaste	March 14 Shampoo
March 15 Dish Soap	March 16 Toilet Paper	March 17 Salt and Pepper	March 18 Canned Vegetables	March 19 Canned Fruit	March 20 Oatmeal	March 21 Muffin Mix
March 22 Soup	March 23 Stew	March 24 Pasta	March 25 Pasta Sauce	March 26 Mac and Cheese	March 27 Canned Chicken or Tuna	March 28 Peanut Butter
March 29 Jelly	March 30 Cooking Oil	March 31 Snacks	April 1 Crackers	April 2 Juice	April 3 Coffee	April 4 Dish Soap

All food is collected for the Downtown Food Pantry