

# Helping Our Neighbors in Need!



## Attention Parish Priests, Parish Council & All Parishioners

*For 41 years we have pledged our support to help our hungry neighbors in need in our local communities between October and December. Many of our parishes collect and distribute food all year.*

*We believe that food isn't just substance; it's a lifeline, a bridge between despair and possibility. We weave a safety net for those who face food insecurity—the elderly, the children, and families struggling to make ends meet. Food is the universal language of caring.*

This past year our parishes have aided our own parishioners in need, as well as those in our local communities.

## We Can Still:

- *help our neighbors in need*
- *feed the hungry*
- *help the homeless*
- *offer aid to the afflicted*

Unfortunately, we continue to suffer from the effects of devastating hurricanes, tornados, torrential rain, flooding, droughts and wildfires! Many have lost their loved ones, their livelihoods, and their homes.

Our parishes can reach out to their local community and food banks to see what is needed the most. We are being challenged in many ways, but with our faith and commitment we can still help those in need!

# Food Drive for Hunger



**It's  
Easy**  
to  
Help !



- Water, Hand Sanitizer, Masks
- Canned Soups (include a can opener)
- Pasta Meals & Canned Sauce
- Canned Meat & Fish
- Canned Fruit & Vegetables
- Fresh Produce & Fruit
- Allergy Friendly Food Options
  - Gluten Free, Nut Free, Dairy Free
- Flour, Cornmeal, Rice, Dry Beans, Peanut Butter & Jelly, Crackers
- Shelf Stable Milk, Cereals, Cooking Oils, Boxed Meals
- Pancake & Muffin Mix that Only Require Water, Instant Foods
- Baby Food, Juice Boxes, Apples Sauce & Granola Bars
- Baby Clothes, Baby Diapers & Wipes
- Clothing, Hats, Coats, Gloves, Pants, Shirts, Sweaters
- Blankets, Underwear, Shoes and Socks (Socks #1 requested item)
- Household Cleaning Supplies & Paper Products
- Hand Soap, Shampoo, Body Wash, Deodorant, Toothbrush, Toothpaste, Floss, Body Wipes, Mouthwash, Gloves, Razors, Shaving Cream, Feminine Hygiene Products, Lotion, Powder, Combs & Brushes
- Backpacks, Duffle bags, Portable Chargers
- First Aid Kit & Flash Lights

## Most Requested Items To Donate:



*Please weigh your food. This can be done quite easily by totaling the amount of food weight listed on each can.*

Parishes will distribute the **food to the needy in their local community**. Through this activity, people everywhere will be expressing their faith and sharing their love.

Please inform us of all your charitable activities. What are you doing to help our brothers and sisters in need? What else can we do to help those in need? We want to share this information with the entire Archdiocese!

In the United States, one in five people struggle with hunger, and many rely on food from local food banks to help feed their families. We're about to embark on the holiday season, which is an especially difficult time to live with food insecurity – that is, not knowing when you will get your next meal. You can help by supporting your local food pantry, food banks or shelters!



**Since 1984 we have collected and distributed over 8 million pounds of food.**

Thanks to your generosity, we have been able to assist the hungry, the homeless, the afflicted and the oppressed for **over four decades**. Through your love and concern, you have allowed us to care for the needs of those less fortunate.



***NEW GRANT PROGRAM APPLICATION***

to assist parishes with their local charitable work is now available online on the Archdiocesan website.

**[Grant Program Application Link](#)**

**Please review the attached Food For Hungry People detailed Parish Donation List for 2022, 2023, & 2024. Contact us if you have any questions, additions, or corrections.**

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**St. George Cathedral in Pittsburgh Pennsylvania**, a recipient of our FFHP&CO grant program, feeding their hungry brothers and sisters in their local community. They come together to cook, pack, and distribute meals with love.

