




We will be collecting food donations on **Sunday, February 9, but food pantry shelves are bare right now!** Please start bringing Souper Bowl Sunday donations this weekend: Saturday to the UMM Breakfast or Sunday to Worship. Deliveries will be made during the week.

Volunteers will be at church from 10 am to 12pm on Saturday, February 8 to receive donations.

All foods will be delivered to the food pantries at **Homes With Hope** in Westport and **Light on the Hill** in Bridgeport. Cash contributions will be gratefully accepted. Please make checks out to UMCWW and note "Souper Bowl" in the memo.

 Any non-perishable foods will be welcome, but healthy options are especially needed.

Here are some examples:

High-protein items — *canned tuna, salmon, chicken, beans, lentils*

Low-sodium — *soups, stews, vegetables*

Low-sugar — *fruits (canned in juice)*

These non-perishable foods are also requested by food pantries:

Non-dairy milks — *soy, almond, oat*

Condiments & Spices — *ketchup, mustard, mayonnaise, garlic powder, oregano, red pepper flakes*

Standard sizes are appreciated. Please do not donate items in glass containers.

* **Gillespie Center now has refrigeration and freezers in their pantry** and are able to accept donations of perishable food.

Refrigerated — *Eggs, Cheese, Milk*

Frozen — *Dinners of any type*

If you plan to bring perishable food to the church during the week or times *other than*: Feb. 1 UMM Breakfast; Feb. 2 Worship, Feb 8 drop-off times; or Feb. 9 Worship, please contact Nancy Everson or the church office to be sure food can be stored properly right away. Thank you.

Toiletries, Household Cleaners *may not be purchased with food stamps, so these products are also distributed at food pantries.* They are needed as well for shelter guests at Gillespie Center. Donations are always appreciated — *shampoo, soap, dishwashing liquid, detergent, toilet paper, paper towel, deodorant (men's and women's) shavers, shaving cream.*

Questions? Contact Nancy Everson (njeverson512@gmail.com) or Don Roth (donaldroth78@gmail.com)