



OLL Knights of Columbus

All American Summer Food Drive

To Benefit St. Vincent de Paul
July 1 to September 9, 2018



Picnics, barbecues, lawn parties and other food oriented celebrations are common fare for most of us this time of year but there are many in our community who experience food insecurity on a regular basis and find themselves unable to feed their families consistent, nutritious meals. Please give generously to our **All American Summer Food Drive** and help others enjoy summer without worrying about their next meal.

Thank you for your generosity!

Most Wanted Items Shopping List

No items packed in glass please.

- Canned Tuna or Chicken
- Canned Chili
- Mac & Cheese
- Peanut Butter
- Canned Vegetables
- Canned Fruit
- Rice/Dried Beans/Pasta
- Canned Soup
- Toilet Paper
- Laundry Detergent

Other much needed items to round out food donations:
Instant Potatoes, Pancake Mix, Syrup, Fruit Juices (plastic bottles & boxes), Coffee, Nut Packs, Energy Bars, Breakfast Cereal and Toiletries

Items may be dropped off in the donation barrels in the Church and Parish Center atrium. The food drive will end on Sunday, September 9th at our annual parish summer festival.



Our Lady of the Lake Catholic Church

Thanks to your contributions to our food drives, our OLL St. Vincent de Paul Society has shared thousands of pounds of food with other parishes in our Archdiocese and delivered hundreds of holiday food boxes to hungry families in our community.



School's Out - What Now?



Hunger doesn't take a holiday just because the kids are out of school. In fact, food insecurity often increases during the summer months in families with children who rely on school meal programs during the school year. Family grocery costs may rise an additional \$300 a month in the summer making it even more difficult for parents to provide nutritious food for their children and themselves. [www.nokidhungry.org]

Food insecurity is not just an issue for families with children. Roughly 14.7% of seniors also face the threat of hunger on a regular basis. Among seniors, lack of consistent access to nutritious food often correlates to increased risk of high blood pressure, depression and other medical conditions.



A frequent cause of hunger in Oregon is the rising cost of rent and utilities. When living expenses become increasingly difficult to cover on a monthly basis, food is seen as the only dispensable item in the overstretched budget. Parents skip meals to feed their children and still struggle to put healthy meals on the table on a regular basis. Through your generous support for our parish food drives, St. Vincent de Paul is able to help fill the gap and provide food for many in our community.

When you donate to St. Vincent de Paul via the Offertory envelopes or by any other means, your money goes to offer assistance with food, rent, utility bills, emergency medical needs, and many other urgent living expenses. For more information, please visit the St. Vincent de Paul page on our parish website: www.ollparish.com/st-vincent-de-paul.



St. Vincent de Paul said, *"To serve the poor is to serve Jesus."*
Your contributions to the food drive will help
"make a difference, one person at a time."