

40 Cans for Lent

Sponsored by:



One in five families in Oregon are unable to access a sufficient quantity of affordable, nutritious food without assistance.

Please make a sacrificial offering of 40 items/pounds per household to feed the hungry and provide basic necessities to families and individuals throughout the Portland metropolitan area.

While **ALL** foods are appreciated, the following is a list of the most wanted items:

Tuna

Peanut Butter

Canned Chicken

Jam/Jelly (in plastic containers)

Macaroni & Cheese

Hearty Canned Soup

Canned Vegetables

Instant Potatoes

Canned Fruits

Thank you for your support! This will make such a difference in the lives of those who experience hunger in our area. Please join Vincentians and the Knights of Columbus in serving the poor.