

All Souls Justice Ministries
Sunday, November 24
Neighbors-in-Need Meal Collection

Seeking 100 youth & adult volunteers to assemble **500** meals for local families.



Help us raise money for our social justice ministries and collect food for 500 meals for local families! Feeding

those in need is essential, but to end hunger and oppression we must also organize, educate, and advocate. This is the work of our social justice ministries. You can help in any of three ways:

1. Donate food

Help feed our neighbors. Use the chart below to determine what you should bring.

2. Make offerings

Support our ministries on Nov. 24 by making a contribution during our special offering during worship.

3. Volunteer

Sign up at bit.ly/ASCThanks or after services on Nov. 10 & 17 in Pierce Hall

Lunch will be provided for all volunteers.

Questions? Contact Rev. Cathy Rion Starr, Minister of Social Justice (cristarr@allsouls.ws/202.332.5266 x 114)

Please bring the following food items:

(If possible, bring healthy options such as whole grain, low sodium, unsweetened, local, and organic in gently-used re-useable bags)

If your last name begins with:

- A,B,C,D,E** Whole grain mixes (stuffing, corn, biscuit), whole grain pastas, bagged beans & lentils, brown rice
- F,G,H,I** Brown rice, beans & lentils, canned vegetables, whole grain mixes (corn, stuffing, biscuit)
- J,K,L,M** Fresh carrots, onions, celery, brown rice, sweet yams and potatoes, fresh green leafy vegetables
- N,O,P,Q** Unsalted nuts, whole grain cookies, teas, coffee, hot chocolate, 100% fruit juice, canned milk, brown sugar
- R,S,T,U** Canned green vegetables, canned beans and peas, fresh greens (collards, kale, turnip greens), heads of cabbage
- V,W,X,Y,Z** Low sodium broths, stocks, or bullions, fruits, apples, oranges, canned milk, unsweetened canned cranberries