



The Knights of Columbus Star of the Sea Council 7297
in cooperation with
St. Edmond Roman Catholic Church
is conducting a Food Drive –



40 "CANS" FOR LENT

Lent is a time of preparation. The three pillars of Lent are prayer, fasting, and "almsgiving."

"Prayer with fasting is good, but better than both is almsgiving with righteousness. ... Those who give alms will enjoy a full life." Tobit 12:8-9

If each family gives just one "can" of food each day of Lent, we would raise 40,000 pounds of food to help feed the poor and homeless in our community. The Food Drive will begin on Ash Wednesday, March 6th, and continue each day through Easter Sunday April 21st. Requested non-perishable food is listed below.

All food offerings may be left in the Church vestibule during weekday Masses, and brought to all Masses on weekends. Monetary offerings will also be accepted; checks should be made payable to "K of C 7297." A Donation Box will be inside the front of the Church near the Altar.

Food and monetary donations will be distributed to the following four Community Outreach Organizations on the following schedule:

- Cape Henlopen Food Basket, an emergency food service supporting about 180 families within the Cape Henlopen School District: March 6, Ash Wednesday, through Sunday March 10th; and Monday, April 1st through Sunday April 7th.
- Community Resource Center Food Rescue Program, a service of the Lewes-Rehoboth Area Council of Churches, located in Rehoboth Beach, providing emergency bags of food to over 500 families, about 1420 people: Monday, March 11 through Sunday March 17th.
- Jusst Soup Ministry, serving soup and sandwich meals to about 225 hungry and homeless, including veterans at Home of the Brave.

- Casa San Francisco, a Catholic charity in Milton providing emergency shelter and meals to 12 adults, a food cooperative, and an emergency food pantry: Monday, April 8th through Easter Sunday.

The Knights and St. Edmond's Parish are grateful for the generosity of our parish families and visitors participating in this 40 Cans for Lent as we follow Jesus' request to "*Feed my sheep.*" (John 21:17)

The food requested by these pantries follows:

Primary Items:

- Canned Goods (soup, spaghetti, pork & beans, tuna fish, beef stew, vegetables, chili, corned beef)
- Cereal (#1 for Food Basket)
- Crackers
- Dry Milk
- Juice (100% real fruit)
- Macaroni & Cheese
- Microwaveable Meals
- Pancake Mix & Syrup
- Pasta (spaghetti, noodles)
- Pasta Sauce
- Potato Flakes
- Peanut Butter & Jelly
- Rice
- Sugar

Secondary Items:

- Cooking Oil (bottle or spray)
- Coffee & Tea
- Cornbread & Muffin Mix
- Cake mixes
- Salt, Pepper, and Spices
- Salad dressing

Miscellaneous (Requested by CRC Food Rescue)

- Laundry Detergent
- Toilet Paper
- Tooth brushes & Toothpaste
- Disposable razors
- Manual Can Openers (Food Rescue)