

## PEACE 2-4-1 PROJECT

(= 2 Days of food For 1 person)



### WHAT?

*We need volunteers willing to purchase and bag 2 days of food*

### WHEN?

*October 5/ November 2/ December 7 – first Monday of the next 3 months*

### WHY?

*We have been blessed to bless others, and we have hungry neighbors!  
Not just homeless are going hungry, but families and single moms too!*

### HOW?

1. Sign up to provide 1 or more bags of food on one or more of the 3 dates
2. Purchase the items on the list below
3. Bag all items, for the 2 days of meals, together in 1 bag (double bag if in plastic).
3. Drop off at church on the Sunday prior to the date needed, and we'll deliver them

***Each 2 day food bag should contain the following items:***

1. **Crackers**  
1 box of wheat thins or one sleeve of Ritz crackers
2. **Soft bars** (not crunchy!)  
2 protein/power bars  
1 cereal/granola bar
3. **Protein**  
1 Tuna or chicken salad (pop top or pouch, please!)  
Peanut butter (1 small jar or 2 single serving tubs)  
1 tin Vienna sausages
4. **Fruit**  
1 fruit sauce cup (i.e. applesauce)  
2 fruit cups
5. **Sweet treat**  
1 Pudding cup or breakfast cookie(s)
6. **Soup/Stew**  
1-can beans or 1 can ravioli (pop tops, please!)
7. **Hydration drink**  
1 bottle Gatorade or vitamin water
8. **1 bottle water**
9. **1 protein shake** (i.e. Muscle Milk)

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### **Your Reminder:**

I have volunteered to bring \_\_\_\_ 2 meal bags for the following dates:

\_\_\_\_ Monday, October 5 (*drop off at church Sunday, October 4th*)

\_\_\_\_ Monday, November 6 (*drop off at church Sunday, November 1st*)

\_\_\_\_ Monday, December 7 (*drop off at church Sunday, December 7<sup>th</sup>*)

*Questions?? – Call Kim Green 425-599-5587 or email Kim at [pvdiva1@gmail.com](mailto:pvdiva1@gmail.com)*

