



FEED-A-FAMILY FOOD DRIVE

Catholic Parish Outreach

2013 Raleigh Blvd., Raleigh, NC 27604
www.cporaleigh.org • (919) 873-0245

CPO is the largest food pantry in the Triangle. The Feed-A-Family Food Drive is one of our primary means of meeting the growing need for assistance. **CPO gave a week's worth of groceries to an average of 10,500 people / month in 2014!** Clients are eligible to receive a week's worth of groceries every 30 days. A referral is required for each visit to CPO. On average, clients come to CPO only 2.9 times a year.

Any contribution you can make to the Feed-A-Family Food Drive is deeply appreciated. Below are 2 ways to contribute:

- Purchase groceries. Use the shopping list to the right as a guide or buy multiples (for example, a case) of a couple items.
- Don't feel like shopping? Thanks to food donations and CPO's volume buying power, **a donation of \$25 feeds a family for one week.** Monetary donations are tax deductible. Make your check payable to Catholic Parish Outreach, and give it to a volunteer at the CPO truck during the food drive or mail it to us.

We'd love to have you join us! To volunteer at CPO, call our volunteer coordinator at (919) 847-1466.

Help feed a family for 1 week:

- 7 cans of vegetables
- 2 boxes of cereal
- 3 cans of soup
- 1 small bag of rice
- 1 small bag of dried beans
- 2 boxes Mac and Cheese
- 1 box of spaghetti
- 1 can of spaghetti sauce (no glass jars)
- 1 jar of peanut butter
- 2 cans of fruit
- 1 box of hamburger/chicken/tuna helper
- 1 can of tuna or other meat
- 1 small box of instant dry milk
- 1 box of crackers
- 1 large bottle/can of fruit juice
- 2 packets of gravy mix
- 1 bottle salad dressing
- 1 small box of laundry detergent
- 2 rolls of bathroom tissue
- 1 bar of soap
- 1 pack of diapers size 3-6
- 1 package of baby wipes
- 1 Infant formula (milk-based not soy)



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