

PROJECT 5000 – 2007 Lenten Season

The hungry in our community need your help now! You are be asked to fill one or more boxes with the food items listed below, boxes will be available at the church entrances off of the parking lot for the first 5 weeks of Lent. When each box is filled with the items listed, its contents will feed a family of four for two days. Filled boxes should be returned as soon as possible to the Project 5000 table in the Social Hall.

HPCUMC has been doing Project 5000 during Lent every year since 1985. In 2006 we collected, in boxes and donations, the equivalent of 592 boxes (14,208 meals). There is even a greater need this year in our greater community and we need the help of every member and friend of HPCUMC. **OUR GOAL THIS YEAR IS 700 BOXES!** We need a special effort this year, last year we collected less than 600 boxes for the first time in many years. Project 5000 donations are also be accepted, in this way we can provide money to purchase perishable and other food items for some local food pantries.

Project 5000 Box Food List

Please review the following list of food items that are to be put into the box. This is a tested list and is specially designed to meet a family of four's needs for two days. **Please do not substitute items on this list.**

- 2 cans meat (12-15 oz. each, 2 different varieties)
- 2 cans vegetables (15-16 oz.)
- 2 cans fruit (16 oz.)
- 2 cans or boxes of soup
- 2 boxes of macaroni and cheese
- 1 box hot cereal
- 1 jar peanut butter (18oz.)
- 1 14-19 oz. Tang or other orange breakfast drink
- 1 can evaporated milk (12 oz.)
- 2 pkg. pudding or jello (3-4 oz. each)
- 1 large can baked beans, or 1 lb. dry beans

Variety in the canned items will be helpful. Rather than putting in two cans of corn, etc. - it would be better to have different items. Typical vegetable items may include beans, peas, corn, carrots, beets, etc. Fruits may include peaches, pears, pineapple, fruit cocktail, etc. Meats may be spam, corned beef hash, beef stew, etc. Please avoid odd or exotic foods, such as artichokes, spiced apples, etc.

Canned items for the box should be large size cans. Packaged items should also be medium or large sizes.