

Lenten Food Bank Collection

Prayer • Fasting • Almsgiving

Lent trains our hearts through **prayer**, **fasting**, and **almsgiving**. Throughout Lent, we're collecting what our local food bank needs most: **toiletries**, **paper goods**, **cleaning supplies**, and **ready-to-eat pantry meals**.

How to Participate

- Bring one bag each Sunday.
- Place donations in the **Lenten Food Offering** area under Luther's bust.

Most Needed Items

HOUSEHOLD ITEMS

- Dish detergent
- Laundry detergent
- Cleaning products
- Paper towels
- Ziplock bags
- Napkins
- Tissues

TOILETRIES & BABY CARE

- Bar soap / body wash
- Deodorant / antiperspirant
- Feminine care products
- Mouthwash
- Shampoo / conditioner
- Toilet paper
- Toothbrushes / toothpaste
- Face wash
- Baby supplies: lotion, diaper cream, diapers, wipes, bath supplies

NON-PERISHABLE FOODS

- Pancake mix & syrup
- Fruit juice
- Soups (chicken noodle, chicken & rice, beef vegetable)
- Ready-to-eat canned meals (chili, stew, ravioli, chicken w/ rice & vegetables, spaghetti & meatballs)
- Instant mashed potatoes
- Crackers
- Granola bars
- Instant oatmeal packets
- Kitchen staples (flour, sugar, salt, pepper)
- Shelf-stable milk
- Nutritional shakes / protein drinks
- Tea, coffee, hot chocolate
- Vegetable oil
- Baby formula
- Baby food

Weekly Focus (6 Sundays of Lent)

Week 1: Paper & basics toilet paper, paper towels, tissues, napkins

Week 2: Cleaning
dish detergent, laundry detergent, cleaning products, ziplock bags

Week 3: Personal care
soap/body wash, deodorant, shampoo, toothpaste/toothbrush, mouthwash, face wash

Week 4: Breakfast pantry
oatmeal packets, pancake mix & syrup, granola bars, shelf-stable milk, fruit juice

Week 5: Pantry meals
soups, chili/stew/ravioli/spaghetti meals, crackers, instant mashed potatoes

Week 6: Baby & special needs
diapers, wipes, diaper cream/lotion, baby food/formula, nutritional shakes

Give as you wish this is an invitation, not a test.