

Catholic Parish Outreach

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



FEED-A-FAMILY FOOD DRIVE

We thank you for your help! 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.
 - No time to shop? Thanks to food donations and CPO's volume buying power, a **donation of \$40 feeds a family for one week**. Monetary donations are tax deductible. Make your check payable to **Catholic Parish Outreach**, and send it to the address above
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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.

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

Help feed a family of 4 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 pasta & 1 can sauce (no glass)
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 4-6
1 package of baby wipes
1 Infant formula (milk-based)
Stage 1, 3 or graduates baby food
Pre-school children's books

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