

## HOPE SACKS AND BOXES

**Hope Sacks** are gallon-sized ziploc bags filled with nonperishable food items to distribute to people experiencing food insecurity. The food in these bags do not have to be heated, etc.





**Hope Boxes** are boxes or grocery sacks filled with nonperishable food items to distribute to people experiencing food insecurity who have a stove and running water.

## **Ideas for Food**

## Sacks

- Fruit cups/Applesauce
- Nutrition Bars
- Tuna Snack Packs
- Breakfast Bars
- Peanut Butter Crackers
- Gallon Size Ziploc Bags

## Boxes

- Hormel Compleats
- Macaroni & Cheese
- Canned Food
- Cereal
- Pasta Box Meals
- Rice

Make your own HOPE Sacks at home and drop them off on the HOPE Carts

DROP OFF IS AVAILABLE ON OUR HOPE CARTS IN THE VESTIBULE OF CHRIST THE KING

Learn more at www.ctkmission.org or contact Betty Jo King at mission@ctklr.org