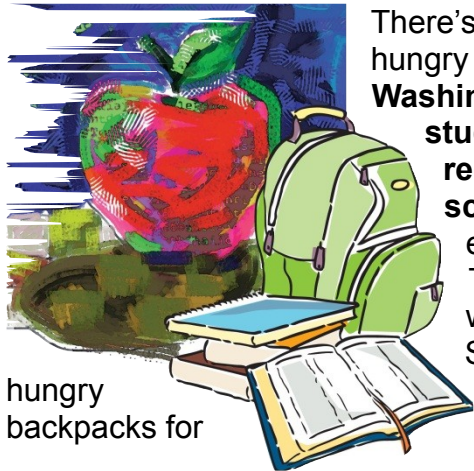


What would you do if a child you knew was hungry?



There's a good chance you **DO** know a hungry child. **Almost half of all Washington County, Virginia students qualify for free or reduced lunches during the school year** and many don't get enough to eat at home, either. That's why WHCC is partnering with High Point Elementary School to help provide over 100 children with nutritious food in weekends and holidays.

hungry backpacks for

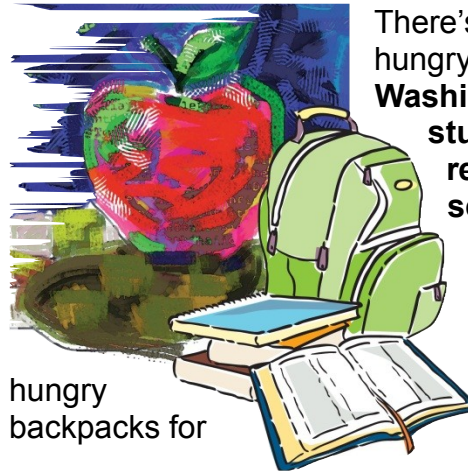
How can you help?

Please pray about how God is leading you to serve hungry children in our community and commit your heart and hands to this outreach. Then check one or more of these service opportunities and drop in the offering plate or leave in the Backpack Ministry basket at the Welcome Center. Email Mike Mitchell at mmitchell@whcc.info with questions.

-
- Help transport food from local stores to the school.
 - Help bag food at the school for backpacks.
 - Donate food. A list is provided on the back of this flier.
 - Donate money for food. Mark donations "Backpack Ministry."

Name Phone and/or Email Address

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Name _____ Phone and/or Email _____
Address **Backpack Ministry Shopping List**

Single serving packages of the following foods are nutritious and easy to send home in backpacks.

- ___ Ravioli, Spaghettios, etc
- ___ Juice Packs
- ___ Oatmeal Packs
- ___ Granola Bars
- ___ Ramen Noodles
- ___ Toaster Pastries
- ___ Cereal Bars
- ___ Nabs
- ___ Apples
- ___ Canned Tuna (5 oz.)
- ___ Fruit Snacks
- ___ Boxed Mac 'n' Cheese
- ___ Apple Sauce (6-pk.)
- ___ Fruit Cups (6-pk.)
- ___ Boxed Raisins
- ___ Canned Soup
- ___ Noodle Cups
- ___ Peanut Butter
- ___ Crackers
- ___ Powdered Milk (box of pks. to make 1 qt. each)

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