















Generous Hands, Blessed Hands Donation Ideas

Below is a month by month list of items to keep on your fridge to help you in finding and purchasing items to participate in Generous Hands, Blessed Hands.

Our goal is to have each adult in the church donate 1 item per week. Through this level of participation, we are aiming to achieve a total donation of 1500 items for the Halifax West Ecumenical Foodbank by August 2010.

Hope this is helpful! Happy flyer watching, and may your generous hands be blessed hands too! Proverbs 22:9

<p>September</p>  <p>Canned Meat</p>	<ul style="list-style-type: none"> • Canned ham, chicken or turkey • Corned beef • Luncheon meat (Spam, Kam, etc.)
<p>October</p>  <p>Canned Fish</p>	<ul style="list-style-type: none"> • Canned tuna, salmon • Kipperred snacks • Smoked mussels, oysters • Sardines • Salad crab, shrimp
<p>November</p>  <p>Peanut Butter</p>	<ul style="list-style-type: none"> • Peanut butter • Jam, jellies, marmalade
<p>December</p>  <p>Soup & Stew</p>	<ul style="list-style-type: none"> • Condensed, canned soups • Ready to eat canned soups • Dry soup packages (soupworks, etc) • Mr. Noodle, Cup of soup • Canned stew, chili
<p>January</p>  <p>Dry Cereal</p>	<ul style="list-style-type: none"> • Boxed cereals • Instant oatmeal • Granola bars, cereal bars • Pop tarts • Cream of wheat

<p>February</p>  <p>Baking Supplies</p>	<ul style="list-style-type: none"> • Salt, baking soda, baking powder • Flour, sugar • Cake, muffin, cookie, brownie mixes • Pie, pizza crust mixes • Bisquick, biscuit mix
<p>March</p>  <p>Canned Fruit & Veggies</p>	<ul style="list-style-type: none"> • Canned fruits & vegetables, tomatoes • Raisins, Craisins • Trail mix • Fruit leather, roll-ups, snacks, etc
<p>April</p>  <p>Pasta Sauce</p>	<ul style="list-style-type: none"> • Cans/jars of ready to eat pasta sauce • Cans of whole/diced/crushed tomatoes • Plain tomato sauce • Tomato paste • Pizza sauce
<p>May</p>  <p>Dry Pasta</p>	<ul style="list-style-type: none"> • Boxed/bagged dry pasta • Rice pasta • Ready to eat canned pasta (Boyardee, etc)
<p>June</p>  <p>Baked Beans</p>	<ul style="list-style-type: none"> • Baked beans • Kidney beans, black beans, chick peas, pinto beans, etc • Canned legumes
<p>July</p>  <p>Macaroni & Cheese</p>	<ul style="list-style-type: none"> • Boxed macaroni and cheese
<p>August</p>  <p>Rice</p>	<ul style="list-style-type: none"> • Boxed/bagged plain white or brown rice • Flavored rice mixes • Stuffing mixes

Other outreach initiatives to consider this year:

<http://www.turkeyclub.org>

Through the Turkey Club, needy families in Halifax are provided with a full Christmas meals through donations from the community.

<http://www.samaritanspurse.org/>

Operation Christmas child provides gift boxes for children in third world countries.