

The average American family spends about



\$400



each month on groceries.

The grocery list below totals about **\$40.**

The United Methodist Churches of the West Conference are invited to support UMMAM & Open Door food banks by sparing a little part of your budget and helping needy families across Kansas.

These items are **MOST NEEDED** by the food banks at UMMAM & Open Door.

Canned Items

- Tuna*
- Salmon*
- Chicken*
- Ham*
- Low fat soup*
- Low salt soup*
- Canned Stew*
- Vegetables*
- Fruits*

Beverages

- Coffee*
- Tea*
- Juice- 100% Juice*

Dry Goods

- Beans*
- Rice*
- Pasta*
- Flour*
- Sugar*

Hygiene Items

- Toilet paper*
- Hand soap*
- Toothpaste*
- Diapers*

Miscellaneous

- Cooking oil*
- Macaroni & Cheese*
- Tuna helper*
- Hamburger helper*
- Paper towels*
- Napkins*
- Dish soap*
- Blankets*

"If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday."
Isaiah 58:10



Can you help fill our shelves?

Please bring your donations to Annual Conference or drop them off at one of the agency locations and they will be distributed to needy families in Kansas.

