

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



FEED-A-FAMILY FOOD DRIVE
Please bring your contributions to CPO
Monday through Saturday 10am – 1pm

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 \$30 feeds a family for one week**. Monetary donations are tax deductible. Make your check payable to **Catholic Parish Outreach**, and give it to a volunteer at the CPO truck during the food drive or mail it to us.

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. **CPO gave a week's worth of groceries to an average of 8,700 people / month in 2017!**

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

Help feed a family for 1 week (urgently needed in bold):

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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