

FOOD BOXES

Each year, MCC East Coast partners with Anabaptist churches to distribute nearly 3,000 grocery-packed boxes through congregations' local ministries. These boxes have been an answered prayer for many people.

Contents

- vegetable oil (minimum 32 oz.)
- pasta (minimum 2 lbs.)
- white rice (minimum 32 oz.)
- 1 can tomato sauce (minimum 15 oz.)
- 2 cans fruit (14-20 oz. each)
- 2 cans vegetables (14-16 oz. each)
- 2 cans beans (kidney, black, navy) (minimum 15 oz. each)
- 2 bags dried lentils (16 oz. each)
- 1 old fashioned oats (18 oz.)
- 1 all-purpose flour (32 oz.)
- 1 box of salt (26 oz.)
- 1 ground black pepper (3 oz.)
- 1 box of cereal (14-18 oz.)
- 2 cans meat (chicken or tuna) (minimum 12 oz. each)

Thank you for limiting your generosity to the items listed.

Instructions: Please put the food items into a grocery bag or a box. Completed kits can be dropped off at the locations listed on the back of this card.



Mennonite Central Committee

Relief, development and peace in the name of Christ



Merilda Morgan hands a bag of groceries to Dione Pickett, both of Philadelphia. Oxford Circle Christian Community Development Association (OCCDA)'s Back to School Festival in September draws around 1,000 people yearly where around 200 grocery bags are distributed. (MCC photo/Nereida Babilonia)

Pastors and leaders who distribute the boxes through their outreach said the groceries help "extend care and compassion into our communities" and have been "the answered prayer" for many people.

Learn more about food boxes at
mcc.org/groceries

MCC KIT DROP-OFF LOCATIONS

Material Resources Center

517 W. Trout Run Rd.
Ephrata, PA 17522
717.733.2847
EastCoastMRC@mcc.org

MCC EC Regional Office

900 E. Howell St.
Philadelphia, PA 19149
215.535.3624
EastCoast@mcc.org

MCC Material Resource Center of Harleysville

737 Hagey Center Dr.
Souderton, PA 18964
267.203.8074
MRC@mcc-harleysville.org

Cumberland Valley Relief Center

4225 Molly Pitcher Hwy. S.
Chambersburg, PA 17202
717.375.2088
info@cumberlandvalleyrelief.org

For more information and a complete listing of drop-off locations: 717.733.2847 mcc.org/kits