

# Your List

Everything you need to change a life forever!

## Thank You!

Thank you for joining in Project: Food Pak. Picking up this box is your first step in delivering hope for a suffering family. When you follow these instructions carefully, you provide more than food. You provide a real-life opportunity to connect with a family, share the gospel, and change their lives forever.

*This makes about a week's worth of dinners for a family of five!*

### 1-Fill:

**Seal** box bottom with clear packing tape. *(Don't interlock flaps)*

**Fill** your Food Pak with items from the grocery list.

**Include \$5** for distribution costs.

### Food Pak Grocery List

- |   |   |
|---|---|
| <input type="checkbox"/> 4 lbs. of dry beans  | <input type="checkbox"/> 2 cans of fruit  |
| <input type="checkbox"/> 2 lbs. of pasta      | <input type="checkbox"/> 1 can of tomato sauce  |
| <input type="checkbox"/> 2 cans of vegetables | <input type="checkbox"/> 1 jar of peanut butter <b>or</b><br>2 cans of meat (chicken breast, tuna, ham) |

**Add these extras to help fill out the box:** More canned goods like soup, chili, or refried beans, cereal, granola or protein bars, cooking oil

### 2-Pray:

**Pray** for the family you are serving.

**Meditate** on these encouraging passages revealing God's heart for the poor.

- "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world." - James 1:27

### Other Verses

- Psalm 145:13-16       2 Cor. 8:1-9       John 6:35

*Don't skip prayer! We believe in the power of prayer to soften hearts and spread the gospel.*