## Bag of Blessing

# You Can Help

You can help Grainery Care to look after those in need in our community – here’s how….

# Take a bag

Just take home with you today one of our “Bag of Blessing” shopping bags

# Go shopping

Next time you go grocery shopping, take your “Bag of Blessing” with you and fill it up with non-perishable grocery items…suggested items are….

Small tins of Tuna and Salmon Juice

Soups – canned, packet, 2 minute

Meal in a can eg: Stag Chilli, Stews etc

Cereals –flakes 2 Minute Noodles

Canned Fruit Pasta Meals

Crackers eg Rice Crackers, Cruskits, Vita Wheat, Jatz

Toiletries: Men’s and Ladies eg Soap

# Bring the bag to church

Then just bring the bag to church with you and place it in the specially marked boxes in the foyer – the groceries will be used to make welfare hampers for those in real need of help with life’s most basic necessities and will be distributed through the Grainery Care Centre,

Thanks so much for your support

Pastor Paul West