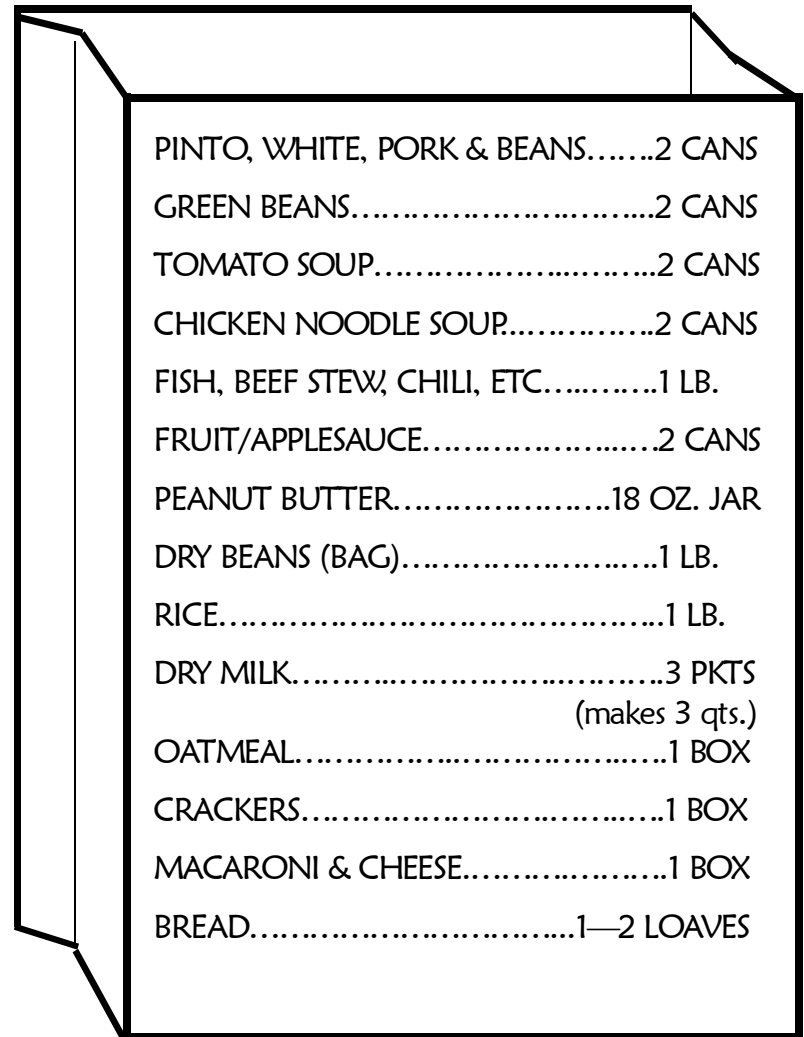


Food Bags for Emergency Assistance

Want to help those in need? Consider filling bags with the following items and bringing them to Frank's office, or writing a check for \$30 (the approximate cost of these items) or a portion of that amount to Greensboro Urban Ministry and putting "Food Bag" on the memo line. This will feed 1-2 people for a few days.



PINTO, WHITE, PORK & BEANS.....	2 CANS
GREEN BEANS.....	2 CANS
TOMATO SOUP.....	2 CANS
CHICKEN NOODLE SOUP.....	2 CANS
FISH, BEEF STEW, CHILI, ETC.....	1 LB.
FRUIT/APPLESAUCE.....	2 CANS
PEANUT BUTTER.....	18 OZ. JAR
DRY BEANS (BAG).....	1 LB.
RICE.....	1 LB.
DRY MILK.....	3 PKTS (makes 3 qts.)
OATMEAL.....	1 BOX
CRACKERS.....	1 BOX
MACARONI & CHEESE.....	1 BOX
BREAD.....	1—2 LOAVES