

Lent 2012

PEAS for the World Lenten Food Drive

Augustana is pleased to continue its annual tradition of helping stock the shelves of **Metro CareRing** during the PEAS for the World Lenten Food Drive! Although Augustana's people generously donate non perishable food items for Metro CareRing throughout the year, special emphasis on caring for our community's hungry is encouraged during Lent—almsgiving for the poor being one of the three classic disciplines in this season. Please use the enclosed shopping list to purchase items for Metro CareRing throughout Lent as you grocery shop in the weeks leading up to Easter, April 8.

Donate. Volunteer. Advocate.

Metro CareRing provides services that their clients continue to need—nutritious food, ID documents, work-supportive services, utility assistance, tokens for the bus, and more. Your support through donations during the coming Lenten season is critical to Metro CareRing's operations, but there are many ways to support Metro CareRing and the hungry in our community. Donate. Volunteer. Advocate. Check out Metro CareRing's website (www.metrocarering.org) for information on how to get involved in advocating for solutions to hunger.

Drop off your food donations in boxes in the Narthex or Fellowship Hall. Please double your paper bags or use a single paper bag with a plastic bag. Thank you!



PEAS for the World shopping list for Metro CareRing

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|---------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 2 pounds of rice | <input type="checkbox"/> 1 can of diced tomatoes |
| <input type="checkbox"/> 2 pounds of pinto beans | <input type="checkbox"/> whole wheat pasta |
| <input type="checkbox"/> 2 cans of tuna fish in water | <input type="checkbox"/> pasta sauce |
| <input type="checkbox"/> 2 boxes of mac & cheese | <input type="checkbox"/> oatmeal and cereal |
| <input type="checkbox"/> 2 cans of a hardy soup | <input type="checkbox"/> peanut butter |
| <input type="checkbox"/> 3 cans of fruit in light syrup | <input type="checkbox"/> powdered or canned milk |
| <input type="checkbox"/> 2 cans of vegetables | <input type="checkbox"/> bar soap |
| | <input type="checkbox"/> sanitary napkins |
| | <input type="checkbox"/> diapers (small, medium, or large) |