

## 40 THINGS IN 40 DAYS: A FOOD DRIVE FOR MEALS ON WHEELS ATLANTA

The season of Lent is often seen as a time to give up a vice or indulgence or to take on a spiritual discipline such as fasting or meditation. But what if we looked beyond personal disciplines this Lenten season and chose instead to serve others in our community?

Join us February 14 – March 31 for our **4th Annual 40 Things in 40 Days: Food Drive.**

We will be helping Meals On Wheels Atlanta restock their food pantry. Meals On Wheels' pantry program serves as a critical stop-gap for emergency situations. Pantry supplies also provide for seniors who want to continue cooking and preparing foods in the home. Pantry deliveries contain a month-long supply of dry goods.

Each day of Lent, as you collect items listed into the box / basket in your home, think of the ways you are loving your neighbor. On Easter (March 31) celebrate our risen Lord by reflecting on what you have collected. It is not just a box of food – it is a message of hope and love that is delivered to seniors in need.

Bring to the church office the days after Easter (April 1-10) and we will deliver Trinity's food donations to Meals On Wheels. Let us come together and fill the shelves of the Meals on Wheels Food Pantry!

### 1: GETTING STARTED

Find a medium to large sized container or box in your home and put in a place where you can access it throughout Lent. Print a copy of this calendar and tape to your box or fridge so you can refer back.

### 2: FILLING YOUR CRATE

Each day during Lent add your donations to your container. Remember to check expiration dates on items before donating.

### 3: DONATING

After Easter, drop off donations at church. Check the weekly newsletter for drop off information as it becomes available.

## 40 THINGS IN 40 DAYS: A FOOD DRIVE FOR MEALS ON WHEELS ATLANTA

February 14 – 5 oz can tuna

February 15 – 15 oz can cut green beans

February 16 – 15 oz can black beans

February 17 – 3.75 oz can of sardines

**Sunday February 18 - Bonus Item – Shelf Stable Milk**

February 19 – 15 oz can peaches in juice

February 20 – 5 oz can chicken

February 21 – 14.5 oz can pears in juice

February 22 – 15 oz can cut green beans

February 23 – 15 oz jar peanut butter

February 24 – 19 oz can soup

**Sunday February 25- Bonus Item – 42 oz Old Fashioned Oats**

February 26 – 32 oz bag of rice

February 27 – 5 oz can tuna

February 28 – 15 oz can green peas

February 29 – 10.5 oz can mandarin oranges

March 1 – 5 oz can chicken

March 2 – 64 oz Apple Juice

**Sunday March 3 – Bonus Item – Box of Cheerios**

March 4 – 15 oz can black beans

March 5 – 15 oz jar peanut butter

March 6 – 3.75 oz can sardines

March 7 – 15 oz can green peas

March 8 – 15 oz can peaches in juice

March 9 – 15 oz can cut green beans

**Sunday March 10 – 42 oz Old Fashioned Oats**

March 11 – 32 oz bag of rice

March 12 – 5 oz can tuna

March 13 – 10.5 oz can mandarin oranges

March 14 – 19 oz can soup

March 15 – 5 oz can chicken

March 16 – 14.5 oz can pears in juice

**Sunday March 17 - Bonus Item – Shelf Stable Milk**

March 18 – 5 oz can tuna

March 19 – 15 oz can black beans

March 20 – 15 oz can cut green beans

March 21 – 3.75 oz can sardines

March 22 – 15 oz jar peanut butter

March 23 – 10.5 oz can mandarin oranges

**Psalm Sunday March 24 –Box of Frosted Mini Wheats**

March 25 – 15 oz jar peanut butter

March 26 – 5 oz can chicken

March 27 – 19 oz can soup

March 28 – 64 oz Apple Juice

March 29 – 32 oz bag of rice

March 30 – 14.5 oz can pears in juice

**Easter Sunday March 31**

# 40 Things in 40 Days: MOWA Food Drive

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 14 5 oz can tuna ASH WEDNESDAY	February 15 15 oz cut green beans	February 16 15 oz black beans	February 17 3.75 can sardines
February 18 <b>Bonus Item:</b> Shelf Stable Milk	February 19 15 oz can peaches in juice	February 20 5 oz can chicken	February 21 14.5 oz pears in juice	February 22 15 oz cut green beans	February 23 15 oz jar peanut butter	February 24 19 oz can of soup
February 25 <b>Bonus Item:</b> 42 oz Old Fashioned Oats	February 26 32 oz bag of rice	February 27 5 oz can tuna	February 28 15 oz can green peas	February 29 10.5 oz can mandarin oranges	March 1 5 oz can tuna	March 2 64 oz apple juice
March 3 <b>Bonus Item:</b> Box of Cheerios	March 4 15 oz black beans	March 5 15 oz jar peanut butter	March 6 3.75 can sardines	March 7 15 oz can green peas	March 8 15 oz can peaches in juice	March 9 15 oz cut green
March 10 <b>Bonus Item:</b> 42 oz Old Fashioned Oats	March 11 32 oz bag of rice	March 12 5 oz can tuna	March 13 10.5 oz can mandarin	March 14 19 oz can of soup	March 15 5 oz can chicken	March 16 14.5 oz pears in juice
March 17 <b>Bonus Item:</b> Shelf Stable Milk	March 18 5 oz can tuna	March 19 15 oz black beans	March 20 15 oz cut green beans	March 21 3.75 can sardines	March 22 15 oz jar peanut butter	March 23 10.5 oz Can mandarin orange
March 24 <b>Bonus Item:</b> Box of Frosted Mini Wheats  PSALM SUNDAY	March 25 15 oz jar peanut butter	March 26 5 oz can chicken	March 27 19 oz can of soup	March 28 64 oz apple juice  MAUNDY THURSDAY	March 29 32 oz bag of rice  GOOD FRIDAY	March 30 14.5 oz pears in juice
March 31 EASTER						

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