

40 Things in 40 Days: A Food Drive for Meals on Wheels Atlanta

- March 5th – 5 oz can tuna
- March 6th – 15 oz can cut green beans
- March 7th – 15 oz can black beans
- March 8th – 3.75 oz can of sardines
- Sunday, March 9th - Bonus Item – Shelf Stable Milk**
- March 10th – 15 oz can peaches in juice
- March 11th – 5 oz can chicken
- March 12th – 14.5 oz can pears in juice
- March 13th – 15 oz can cut green beans
- March 14th – 15 oz jar peanut butter
- March 15th – 19 oz can soup
- Sunday, March 16th - Bonus Item – 42 oz Old Fashioned Oats**
- March 17th – 32 oz bag of rice
- March 18th – 5 oz can tuna
- March 19th – 15 oz can green peas
- March 20th – 10.5 oz can mandarin oranges
- March 21st – 5 oz can chicken
- March 22nd – 64 oz Apple Juice
- Sunday, March 23rd – Bonus Item – Box of Cheerios**
- March 24th – 15 oz can black beans
- March 25th – 15 oz jar peanut butter
- March 26th – 3.75 oz can sardines
- March 27th – 15 oz can green peas
- March 28th – 15 oz can peaches in juice
- March 29th – 15 oz can cut green beans
- Sunday, March 30th – 42 oz Old Fashioned Oats**
- March 31st – 32 oz bag of rice
- April 1st – 5 oz can tuna
- April 2nd – 10.5 oz can mandarin oranges
- April 3rd – 19 oz can soup
- April 4th – 5 oz can chicken
- April 5th – 14.5 oz can pears in juice
- Sunday April 6th - Bonus Item – Shelf Stable Milk**
- April 7th – 5 oz can tuna
- April 8th – 15 oz can black beans
- April 9th – 15 oz can cut green beans
- April 10th – 3.75 oz can sardines
- April 11th – 15 oz jar peanut butter
- April 12th – 10.5 oz can mandarin oranges
- Psalm Sunday April 13th –Box of Frosted Mini Wheats**
- April 14th – 15 oz jar peanut butter
- April 15th – 5 oz can chicken
- April 16th – 19 oz can soup
- April 17th – 64 oz Apple Juice
- April 18th – 32 oz bag of rice
- April 19th – 14.5 oz can pears in juice
- Easter Sunday April 20th**



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			March 5 5 oz Can Tuna Ash Wednesday	March 6 15 oz Can Green Beans	March 7 15 oz Black Beans	March 8 3.75 oz Can Sardines
March 9 Shelf Stable Milk	March 10 15 oz Can Peaches	March 11 5 oz Can Chicken	March 12 14.5 oz Can Pears	March 13 15 oz Can Green Beans	March 14 15 oz Peanut Butter	March 15 19 oz Can of Soup
March 16 42 oz Old Fashioned Oats	March 17 32 oz Bag of Rice	March 18 5 oz Can Tuna	March 19 15 oz Can Green Peas	March 20 10.5 oz Can Mandarins	March 21 5 oz Can Tuna	March 22 64 oz Apple Juice
March 23 Box of Cheerios	March 24 15 oz Black Beans	March 25 15 oz Peanut Butter	March 26 3.75 oz Can Sardines	March 27 15 oz Can Green Peas	March 28 15 oz Can Peaches	March 29 15 oz Can Green Beans
March 30 42 oz Old Fashioned Oats	March 31 32 oz Bag of Rice	April 1 5 oz Can Tuna	April 2 10.5 oz Can Mandarins	April 3 19 oz Can of Soup	April 4 5 oz Can Chicken	April 5 14.5 oz Can Pears
April 6 Shelf Stable Milk	April 7 5 oz Can Tuna	April 8 15 oz Black Beans	April 9 15 oz Can Green Beans	April 10 3.75 oz Can Sardines	April 11 15 oz Peanut Butter	April 12 10.5 oz Can Mandarins
April 13 Frosted Mini Wheats Palm Sunday	April 14 15 oz Peanut Butter	April 15 5 oz Can Chicken	April 16 19 oz Can of Soup	April 17 64 oz Apple Juice Maundy Thursday	April 18 32 oz Bag of Rice Good Friday	April 19 14.5 oz Can Pears
April 20 Easter						



Join us March 5 - April 20 for Trinity's 4th annual Lenten Food Drive

"40 THINGS IN 40 DAYS"

The Lenten season is often considered a time to give up a vice/indulgence or to take on a spiritual discipline such as fasting or meditation. Instead, what if we looked beyond ourselves this Lenten season and chose to serve others in our community?

From March 5 - April 20, 2025, Trinity will help its local mission partner Meals On Wheels Atlanta ("MOWA") restock its food pantry which serves nearby seniors who cannot get out to purchase food but who are able to cook and prepare food in their homes, if provided to them. Pantry items are then delivered with a 30-day supply of canned, bagged, and boxed food items.

On each day of Lent this year, place your collect items listed into the "40 Things" box/ basket in your home, and consider the ways in which you are loving your neighbor. On Easter (April 20) celebrate our risen Lord by reflecting on what you have collected: not just a box of food, but a message of hope and love which will be delivered to seniors in need.

In the 10 days after Easter (April 21 - 30,) bring your collected food to the church office in the Welcome Center, and Trinity's food donations will be delivered to Meals On Wheels Atlanta.

Thank you for helping Trinity 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.

