FAITH • COMPASSION • COMMUNITY

Food for Hungry People & Charitable Outreach

HELPING OUR NEIGHBORS IN NEED

Canned Food Drive & Assistance
October – December

Please organize a parish collection and help distribute food and essential items to neighbors in your local community.

Attention Parish Priests, Parish Councils & Parishioners

For 43 years, we have pledged our support to help our hungry neighbors in need in our local communities between October and December. Many of our parishes collect and distribute food throughout the year. We encourage every parish to continue reaching out locally and responding to the needs of their communities.

Food isn't just Sustenance

Food is a lifeline - a bridge between despair and possibility. Together, we can weave a safety net for people facing food insecurity, including the elderly, children, and families struggling to make ends meet. Food is the universal language of caring.

Responding to Our Communities

Unfortunately, many communities continue to suffer from devastating hurricanes, tornadoes, torrential rain, flooding, droughts, and wildfires. Many have lost loved ones, livelihoods, and homes.

Our parishes can reach out to local communities and food banks to learn what is needed most. We are being challenged in many ways, but with faith, compassion, and commitment, we can still help those in need.

We Can Still Make a Difference

- Help our neighbors in need
- Feed the hungry
- Assist people experiencing homelessness
- Support those affected by disaster and hardship

TOGETHER WE CAN BRING HOPE
ONE DONATION AT A TIME

Most Requested Donations

SMALL GIFTS MAKE A BIG DIFFERENCE

Food



- Water
- Canned soups (pull-tab lids)
- Pasta meals and canned sauces
- Canned meat and fish
- Canned fruits and vegetables
- Fruit cups and dried fruit
- Protein bars and granola bars
- Allergy-friendly foods:
  - Gluten-free
  - Nut-free
  - Dairy-free
- Flour, cornmeal, rice, dry beans
- Peanut butter, jelly, crackers, pre-packaged snacks
- Shelf-stable milk and cooking oil
- Cereal, instant oatmeal, and Cream of Wheat
- Pancake and muffin mixes (only water)
- Instant foods and boxed meals

Fresh produce may also be helpful if your receiving organization can store and distribute it promptly.

Clothing



SOCKS — #1 REQUESTED ITEM

- New underwear
- Pants and shirts
- Coats and sweatshirts
- Sweaters and gloves
- Scarves, hats and beanies
- Shoes
- Blankets
- Thermals and winter clothing
- Winter jackets (where needed)
- Ponchos and rain gear
- Large heavy-duty garbage bags

Please donate clean, usable clothing. New socks and underwear are strongly preferred.

Personal Care



- Hand soap and body wash
- Shampoo and conditioner
- Toothbrushes and toothpaste
- Floss and mouthwash
- Body wipes and baby wipes
- Razors and shaving cream
- Feminine hygiene products
- Lotion and powder
- Deodorant
- Disinfectant spray
- Combs and brushes
- Pre-packaged hygiene kits

Please donate new, unopened personal-care items.

Children



- Baby food
- Applesauce
- Juice
- Formula
- Pacifiers
- Bottles
- Sippy cups
- Socks
- Hats
- Coats
- Onesies
- Shoes
- Diapers and wipes
- Blankets
- Clothing for all ages

Other Essentials



- Sleeping bags
- Backpacks, duffel bags, and suitcases
- Portable chargers
- Flashlights
- Extra batteries
- Gift cards
- First-aid supplies accepted by your local organization:
  - Bandages
  - Gauze
  - Alcohol wipes
  - Disposable gloves
  - Lip balm
- Household cleaning supplies
- Paper products

THANK YOU FOR YOUR GENEROSITY!

Together we can meet the needs of our neighbors.

Your Generosity Has an Impact

MORE THAN 9 MILLION POUNDS

OF FOOD COLLECTED AND DISTRIBUTED

Serving neighbors in need for more than four decades.

Thanks to your generosity, Food for Hungry People & Charitable Outreach has helped provide food and essential items to people experiencing hunger, homelessness, hardship, and disaster.

Your compassion has made it possible for parishes to respond directly to the needs of their local communities.



Parish Grant Program

A grant application is now available to assist parishes with local charitable outreach.

Grant application available through the Archdiocesan website.

CLICK HERE FOR GRANT APPLICATION

A Community Effort

Parishes are encouraged to distribute donated food and essential items within their own local communities.

Many families rely on food pantries, food banks, shelters, and parish outreach programs for help. The holiday season can be especially difficult for households experiencing food insecurity. Your parish can make a meaningful difference by supporting a local pantry, food bank, shelter, or other charitable organization.

Share What Your Parish Is Doing

Please tell us about your parish's charitable outreach. We would love to know:

- What did your parish collect?
- How many pounds of food were donated?
- Which local organization or community received the donations?
- How many volunteers participated?
- What other outreach is your parish providing?

With permission, photos and stories may be shared with the Archdiocese to encourage and inspire other parishes.

TOGETHER WE CAN MAKE A LASTING DIFFERENCE

How Your Parish Can Help

CONNECT • COLLECT • WEIGH • DISTRIBUTE • SHARE

1 Connect



Contact a local food bank, pantry, shelter, or community organization before collecting.

Ask what items are needed most and what donation requirements they have.

2 Collect



Organize a parish food and essentials drive.

Use the requested-donation list as a guide and encourage parishioners to give items most needed in your community.

3 Weigh



Please weigh the donated food before distribution.

You may total the net weight listed on cans and packages or use a scale.

4 Distribute



Deliver the collected food and essential items to people in need through your parish or a trusted local organization.

5 Share



Tell us about your parish outreach so we can celebrate and share this work throughout the Archdiocese.

"Do all the good you can, by all the means you can,
in all the ways you can, in all the places you can,
at all the times you can, to all the people you can,
as long as ever you can."

John Wesley

Food for Hungry People & Charitable Outreach
Robin Lynn Nicholas
4237 Dundee Drive, Los Angeles, CA 90027
213-200-7575 (cell) | robinFFHP@aol.com

In Christ, we feed hope.

Questions, additions, corrections, grant information, and parish reports are welcome.

THANK YOU FOR HELPING OUR NEIGHBORS IN NEED.