



YOU CAN BE A PART!

It's as EASY as 1-2-3

1. Pick up a box in the foyer.

Feel free to pick up more than one!

2. Fill your box with non-perishable items.

Check out the list on the back for suggestions and ideas.

3. Close your box with packing tape and bring it back to us at any worship service, Feb 14 - Mar 1.

or donate to a VIRTUAL box

1. Visit our webpage fbcva.org/local-outreach

2. Select the 'Fill a Virtual Box' button

Complete the form to make your contribution!

or scan the QR code to donate



Want to be part of delivering the FoodShare boxes?

Sign up on the clipboard in the foyer to join us Saturday, March 7.

If you are looking for a grocery list, here's a couple. And it all fits in a box.

Walmart			Aldi				
#	Item	Cost	#	Item	Cost		
2	GV Pasta Sauce	\$3.36	2	Pasta Sauce	\$3.70		
1	2lb GV Spaghetti	\$1.94	1	32 oz Spaghetti	\$2.09		
2	GV Canned Green Beans	\$1.52	2	Canned Green Beans	\$1.70		
1	2pk GV Canned Chicken	\$5.22	2	Canned Chicken Breast	\$5.30		
1	12pk hard taco shells	\$2.00	1	12pk hard taco shells	\$1.65		
1	GV taco seasoning packet	\$0.47	1	Taco Seasoning Packet	\$0.55		
1	GV Black Beans	\$0.86	1	Black Beans	\$0.89		
1	GV Chili Beans	\$0.86	1	Chili Beans	\$0.95		
1	GV Kidney Beans	\$0.86	1	Kidney Beans	\$0.89		
2	GV Diced Tomatoes	\$1.92	2	Diced Tomatoes	\$1.98		
1	GV 5lb Rice	\$3.37	1	Rice 3lbs	\$2.95		
2	Hearty Chicken Noodle	\$3.96	2	Chunky Chicken Soup	\$3.30		
1	Ritz Crackers	\$3.97	1	Golden Round Crackers	\$2.45		
1	4pk GV Chunk Tuna	\$3.38	2	Canned White Tuna	\$3.98		
2	GV Mac and Cheese	\$1.16	2	Mac and Cheese	\$1.30		
1	GV Pancake Mix (just add water)	\$1.98	1	Pancake Mix (just add water)	\$2.15		
1	GV Pancake Syrup	\$2.36	1	Pancake Syrup	\$2.59		
1	Nutrigrain Bars	\$3.28	1	Fruit and Grain Bars	\$2.19		
1	Applesauce Cups	\$1.97	1	Applesauce cups	\$2.15		
2	Chocolate Pudding Cups	\$5.04	2	Chocolate Pudding Cups	\$2.18		
1	2pk Paper Towels	\$3.38	1	2pk Paper Towels	\$4.39		
1	Dish Soap	\$2.94	1	Dish Soap	\$2.35		
		Sub-Total	\$56.26			Sub-Total	\$53.38
		Tax	0.83			Tax	\$0.82
		Total	\$57.09			Total	\$54.20

SUPER SIMPLE STEPS TO FILL UP A FOODSHARE BOX

1. Go to Walmart.com/grocery or Aldi.us/en/pickup-delivery/grocery-pickup.
2. Order items above. Pick your date and time to pick up.
3. On the day and time you picked - pull into any of the "pick up" parking spots, call the number on the sign and the groceries will be delivered to your car.
4. Put the groceries in the FoodShare box and deliver it to church.
5. You are finished! Thank you!