



Cans for Lent

FOOD DRIVE

March 5 - April 20



To benefit the nutritional needs of poor families and homeless in the greater Folsom area.

Food items should be healthy and non-perishable. Items should be intact, with unopened, non-breakable package. Food must be within the expiration date on the packaging.

Most requested food items:

- Canned meats like tuna, chicken, turkey, ham, stew and chili
- Canned vegetables, Pasta & pasta sauce, Beans, Rice
- Healthy cereals, Peanut Butter
- Baby food & baby formula

Food Drop off

Food items may be placed on the Knights 'designated' cart located outside the front of the church entrance before and after every weekend Mass.

Items can also be dropped off at St. Vincent de Paul, 311 Montrose Dr. on Monday, Wednesday and Friday 9:00 am to 12 Noon.

Contact: SK Percy Park
(916)936-6145, dbk576@aol.com