

Our Fooduary events include:

Sunday, February 4th: "Bring-your-own-lunch" time after the service with our Sunday School. For some little ones, tummies are hungry by the time service ends. We welcome you to bring a lunch to church and eat in the Armour room following the service.

Wednesday, February 7th: "Caring and Sharing"... The AMS will be "cooking up a storm" in St David's kitchen on Wednesday February 7. We plan to visit and bring a home cooked meal for folks and friends from the congregation, who are unable to come to church. If you would like to help with visits and delivering please contact Penny Gillies 709-728-8112 or Kathy McKay 709-691-0836

Tuesday February 13th: Pancake Tuesday Supper. Please come and join us for our yearly celebration before Lent begins. The menu will include Pancakes, Halliday's Sausages, Baked Beans, and Dessert. Freewill donations are gratefully accepted, but not required. Invite a friend!

Sunday February 18th: "A Taste of Home" International Potluck following the service. Please bring a dish that reminds you of home, wherever home may be. All are welcome, and there will be cake!

Sunday February 25th: A special presentation will be made by Jody Williams, Executive director of Bridges to Hope food bank in our morning service. Let's show him our generosity and end Fooduary with a mountain of donations!

February has been designated “Food-uary” at St. David’s and we are encouraging everyone to contribute non-perishable food items for Bridges to Hope. Wondering what to bring? Below is a list of the contents of a Full Hamper for 1-2 people which might help!

HAMPER CONTENTS – FULL (1 or 2 People)

Milk (Canned) (Canned or fresh)	Beans (Canned)	Vegetables
Soup (Canned or homemade) (Canned)	Meat /Fish(Canned)	Pasta
Fruit (Canned or fresh)	Juice (if available)	Dry Pasta/Rice
Pasta Sauce (1 can/bottle)	Cereal (1 box/bag)	
Bread Product (1 loaf)		
Margarine (113g block - 1/2 cup)	Tea/Coffee (1 portion)	Sugar (1 portion)
Eggs (pkg.)	Crackers	Kraft Dinner (1 pkg.)

HAMPER CONTENTS – EMERGENCY (1 or 2 People)

Milk (Canned) (Canned or homemade)	Beans (Canned)	Soup
Meat /Fish(Canned) Dinner	Pasta (Canned)	Kraft
Fruit (Canned or fresh) (113g block - 1/2 cup)	Buns or rolls (1 pkg.)	Margarine
Crackers (portion)	Oatmeal	Tea/Coffee (1 portion)
Sugar (1 portion)	Snack items	

Families with children also get “School Kits” for each child, made up of juice boxes (4) granola bars (2) fruit bars (2) and Goldfish crackers. Cheese strings and two (2) pieces of fresh fruit are added at time of distribution.

Other items not listed, such as personal care items – shampoo, soap, deodorant, toothpaste, dish detergent, laundry detergent, toilet tissue, feminine hygiene products, etc. are most welcome and appreciated!

Also, clients often ask for: cooking oil, peanut butter, jam, Cheez Whiz, cookies, cake mix and other baking items,

Simply put, any food item that you would normally purchase/use would be helpful!