

**The Food Pantry**  
Sponsored by the  
**Church of the Holy Communion**  
**66 Summit Street Norwood NJ 07648**  
**201-768-0634**

## **About Our Food Pantry**

The Food Pantry Sponsored by the church of the Holy Communion has been open since October of 2012. We currently serve more than 30 families a month and the need continues to grow. If you know of someone needing assistance, send them our way. We would also be most grateful for any contributions you can make to help us keep our shelves stocked. Items in greatest need are listed below.

### **2017 Hours of Operation**

**We are open on the first and third Thursday of each month from 6:00-7:30 PM and the following Saturday from 10:00-11:30 AM.**

**Thursday January 5 & 19 Saturday January 7 & 21**  
**Thursday February 2 & 16 Saturday February 4 & 18**  
**Thursday March 2 & 16 Saturday March 4 & 18**  
**Thursday April 6 & 20 Saturday April 8 & 22**  
**Thursday May 4 & 18 Saturday May 6 & 20**  
**Thursday June 1 & 15 Saturday June 3 & 17**  
**Thursday July 6 & 20 Saturday July 8 & 22**  
**Thursday August 3 & 17 Saturday August 5 & 19**  
**Thursday September 7 & 21 Saturday September 9 & 23**  
**Thursday October 5 & 19 Saturday October 7 & 21**  
**Thursday November 2&17 Saturday November 4 & 19**  
**Thursday December 7 & 21 Saturday December 9 & 23**

*All are welcome. We ask Food Pantry Patrons to limit use of the Food Pantry use to once per week unless special arrangements are made with the Church Office. We will also open during non scheduled hours if there is an immediate need.*

**If you can Lend a Helping Hand  
The Following Items are Needed:**

- High Protein Value Food items (canned meats and fishes and peanut butter of all varieties)
- Pasta Sauces, canned tomato products and Mac&Cheese, Powdered Milk
- Cereal of all kinds
- 100% Juices, Coffees, Teas
- Mayo, Salad Dressing, oil, & Condiments: Parmesan Cheese, Shortening, Cake Mixes & Frostings
- Cookies, Granola Bars, Jams and Jellies
- Personal Hygiene Items (shampoo, deodorant, soap etc)
- Paper Goods: Toilet Paper, Tissues,
- Baby Wipes, diapers
- Supermarket gift cards (value of \$15 or under please)
- Dry dog or Cat food (to help our beloved 4 legged friends)

**For More information to obtain  
food or to make a donation  
please call the Church Office at**

**201-768-0634.**

