

Shopping List for Hope Bags (2005)

Meal ingredients:

- 1. Plastic knife, fork and spoon (or picnic pack)**
- 2. 1 bottle of water or fruit juice (12 to 16 ounces)**
- 3. 2 canned vegetables (8 ounce with pull-tops)**
- 4. 1 canned fruit (8 ounce with pull-tops)**
- 5. 1 canned meat (small Spam, chicken or tuna with pull-tops)**

Hope ingredients:

- 1. A personal note that conveys God's love**
- 2. Several hard candies or gum**
- 3. A map to the local homeless shelters**
- 4. A pre-stamped return postcard**

The main object of Project Hope Bags is not the food. It is the love and concern we share! Please visit our website at www.hopebags.com for more information. We have signed up 132 communities nationwide to participate in Project Hope Bags. Please join us in sharing God's love with the less fortunate!