



## *Thanksgiving Service Project*

### *Feeding the Hungry, Nourishing the Soul*

Thanksgiving is a time to celebrate the abundance of God's many blessings in our lives. It is also a time to recognize those among us who struggle to put nourishing food on their table every day of the year. This Thanksgiving, Catholic Charities asks you to come together with your loved ones to assemble **meaningful snack packs** right in your own home. Your snack packs will be distributed to those in need throughout the Diocese.

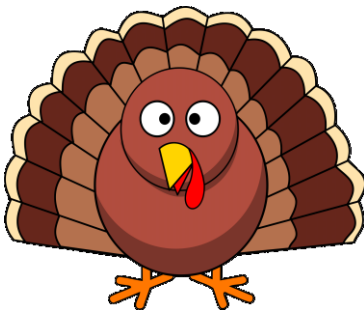
This opportunity offers you a chance to give back to those who endure food insecurity right here in our diocese. We appreciate your prayers and your support!

Please register here: <http://bit.ly/TGHomeKit>

This Kit Includes:

- ❖ Facts and discussion questions about poverty and food insecurity in Virginia
- ❖ Word Search for Kids (make it a fun family competition!)
- ❖ Suggested food items (**non-perishable items**)
- ❖ Drop-off locations for snack packs
- ❖ Blank Blessing Card to fill out for your recipient family (or you can include a greeting card or homemade card of your own!)

When your snack pack is complete, insert your blessing/card and drop off at any of the listed drop-off locations in this kit.



**Thank you for  
helping feed the  
hungry this  
Thanksgiving!**

## Facts

### ❖ **Food Insecurity is:**

- not knowing where your next meal will come from
- not having enough food to feed the entire family that often family members will skip meals
- resorting to cheaper, poorer quality food
- not having enough money for lunch (especially school children)

### ❖ **219,000** people in the Diocese of Arlington are food insecure

### ❖ **1 in 8** people do you think struggle with hunger in Virginia

### ❖ **What hunger is:**

- “People often say, “I’m hungry!” But is hunger a growling stomach before lunch, a craving for an after-school snack, or something more? In school you learn about nutrition and how eating a balanced diet builds strong bodies, helps you think clearly, and provides energy you need to live life. When people do not have enough nutritious food to eat on a daily basis, this is real hunger. Hunger that continues over weeks and months is called *chronic hunger*. People who experience chronic hunger may get sick more often, and their ability to study or work is affected.” ([A Kid’s Guide to Hunger and Homelessness](#))

## Discussion questions for you family

- ❖ How would both your body and mind feel if you couldn’t have breakfast and lunch? If you had little or no food for many days what would happen to you?
- ❖ When you think of the parable of the Good Samaritan, what does it mean in today’s world to be a Good Samaritan? What are ways you have been a Good Samaritan recently?
- ❖ Why do you think that people in our Diocese suffer from food insecurity? Discuss reasons why there are many living among us, right here in one of the wealthiest areas of the nation, who don’t have enough food to eat.
- ❖ Everyone is called to follow God’s call to serve the poor. Even young people!! What are some things that kids do to serve the poor –this could be the poor in spirit, the poor in health, the poor in material things!

## End Hunger Word Search – Who can finish first?

T F O O D F E P Z E V I G  
J P Z A Q O U D Q A D R T  
P U K W M Y N W I P E F Y  
E D N U T R I T I O N R P  
T O I C A T S D F C E U L  
A U Z H U N G E R F E I G  
N D U A Q A N Y E L F T I  
O L Y N A P U O B E K S P  
D K I G L O H A Z N Y E U  
D P H E A L T H S D J F O  
B C E M Y E S L A E M B K  
O D F N G Y G E Z L G S H  
D F E E D H E Q K P J D G  
Y E V J H P Y H U O H I R  
J R P W Q G S L R E P K H

### Words to Find:

Food	End	Hunger	Health	Nutrition
Life	Give	Donate	Kids	Feed
Change	Meals	Fruits	Vegetable	Pantry

# Giving Thanks Snack Pack Instructions &

## Shopping List



Choose one item from each category, and pack in a one gallon Ziplock bag. Include a blessing card, or handwritten note inside. Close bag and drop at designated location.

- Beverage - Single Serving Size
  - Shelf stable boxed milk (plain or flavored)
  - Shelf stable boxed chocolate milk
  - Hot Chocolate packet
- Crackers
  - Goldfish
  - Single serving cracker packs
- Protein
  - Individual peanut butter 'go' cups
  - Vacuum sealed tuna packs
  - Single serving cans of tuna/chicken/Vienna sausage
- Fruit
  - Raisins
  - Dried Fruit
  - Individual fruit cups

### **Drop off locations:**

These parishes have food donation boxes in their lobby. Please drop off your snack packs at any of these locations:

- ❖ St. Bernadette – 7600 Old Keene Mill Rd, Springfield 22152
- ❖ Good Shepherd – 8710 Mt. Vernon Hwy, Alexandria 22309
- ❖ Holy Trinity – 8213 Linton Hall Rd, Gainesville 20155
- ❖ All Saints – 9300 Stonewall Rd, Manassas 20110
- ❖ Holy Family – 14160 Ferndale Rd, Dale City 22193
- ❖ St. Charles Borromeo – 3304 N. Washington Blvd, Arlington 22201
- ❖ St. Matthew – 8200 Robert E. Lee Dr., Spotsylvania, VA 22551
- ❖ **Catholic Charities, The St. Lucy Project Warehouse**
  - **8426 Kao Circle, Manassas, VA 20110 M – F 9:30 – 3:30**

The St. Lucy Project includes a large food distribution hub that distributes donated food to this Agency's three major food pantries, and to a network of more than 55 parish and ecumenical food pantries so that we can reach the poor where they live.

### **Resources:**

Read more about our [St. Lucy Project here!](#)

Subscribe to [our blog!](#)

Check out our website! [www.cdda.net](http://www.cdda.net)



*This meal pack was assembled with care for you by:*

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