



"Stomp Out Hunger"

Buy One, Get One, Free! (BOGO FREE!) -

March 3, 2010

Remember that a bag of groceries given to families from local food pantries usually includes *Non-Perishable* staple foods such as: rice, boxed macaroni & cheese, canned vegetables, canned fruit, spaghetti, spaghetti sauce, ramen noodles, peanut butter, jelly, tuna fish, canned or bottled juice, soups, and cereals. .

Biblical Scripture Reflections for Giving!

Deut.7:9 Lord God, you are my faithful Father. You keep all your promises and your covenant with me.

Psalms 37:3-5 I know that you will bring everything I need to fruition in my life. I delight in you, Lord, and I know that you will give me the desires of my heart.

Isaiah 25: 4a For You have been a strength to the poor, a strength to the needy in his distress, 6 The Lord of hosts will make for all people a feast of choice pieces, a feast of wines on the lees, Of fat things full of marrow... 8a and the Lord GOD will wipe away tears from all faces. Ex

33:19b I will have mercy on whom I will have mercy and compassion on whom I will have compassion. Leviticus

25 - Year of Jubilee; Matthew 14:17-21 (Feeding the 5,000 with the fishes and the loaves). Matthew 25:35

For I was hungry and you gave me something to eat, I was thirsty, you gave me something to drink, I was a stranger and you invited me in. Philippians 4:12-13 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength.

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PUBLIX: Kraft/Seven Seas Dressing, QUAKER INSTANT OATMEAL, CRYSTAL LIGHT DRINK MIX, QUAKER CHEWY GRANOLA BARS, Juke's Mayonnaise, Aunt Jemima Syrup, DOLE FRUIT/FRUIT IN GEL, PASTA RONI, BERTOLLI PASTA SAUCE, OCEAN SPRAY JUICE COCKTAIL, Mt. Olive Sweet Relish, A-1 Steak House Marinade, Ruffles Potato Chips, NABISCO RITZ CRACKERS, CHEEZ-IT BAKED SNACK CRACKERS.

Specials: Maxwell House/Seattle's Best Coffee 5.99, BUMBLE BEE PREMIUM TUNA 2/4, GATORADE THIRST QUENCHER 2/10, SAT & SUN - 50% OFF ON ALL KELLOGG'S READY TO EAT CEREALS; lots of fresh fruits, veggies and meats

WINN-DIXIE: KELLOGG'S SPECIAL K, QUAKER INSTANT GRITS, OCEAN SPRAY CRANBERRY COCKTAILS, Kraft mayo/Miracle Whip, 4-PACK BUMBLE BEE CHUNK LIGHT TUNA IN WATER, CHEEZ-IT CRACKERS.

Specials: W-D mustard 10/10, DEL MONTE VEGGIES 10/10, TUNA, CHICKEN OR HAMBURGER HELPER 10/10, 4-PACK HUNTS SNACK PACK 10/10, 2-liter Chek Drinks, 10/10; specials on fruits, veggies and meats.

Please, stay warm and continue to give as your family can!



Please remember to ask for PAPER at the checkout as well as self-checkout for the WestJax Outreach Food Pantry.