

Hi there,

I can't begin to express the joy in my heart over the great things that have been happening all because of this crazy pandemic. It's truly become something so positive in our outreach at **FISH**. Just this week, with school starting up, we have been contacted by another school counselor asking if **FISH** could help them with some food for their newly established weekend backpack program. We're thrilled to even be asked. In addition, we were also contacted by another food pantry. This now brings us up to 1 church working with 7 St. Charles Schools Backpack Programs, 1 new school doing backpacks and 4 pantries we are sharing your bounty of food donations with. Talk about a God Thing! Amen.

Because of these programs we will be, for October, focusing on requesting **small sized or individual packs** of food and personal hygiene items.

The list is longer than normal simply to give more choices to your members and a better picture of what is used to fill the backpacks.

#### **Food Items**

Boxed oatmeal containing single serving packets  
Small/smaller sized boxes/bags of cereal  
Cans/single sizes of fruit  
Cans of pasta, spaghetti-o's, etc.  
Tuna- can  
Chicken – can

Peanut butter  
Jelly  
Individual drinks  
Snacks  
Tuna Helper  
Hamburger Helper  
Mac & cheese

#### **Personal Hygiene Items**

Shampoo  
Deodorant  
TP  
Kleenex  
Body Wash  
Bar Soap

We could not begin to think about sharing with others without your continued support and prayers. What a blessed team we are.

Thank you so much,  
Leslie, Food Pantry  
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