



*Changing Lives, One Woman and Child at a Time*

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## **Help the hungry in Paterson by running a food drive to benefit the Oasis Food Pantry!**

**Here are the items included in each “food bag”  
to help a family of four for three days.**

- 2 cans of soup
- 2 pastas
- 2 cans of vegetables
- 2 cans of tuna
- 1 can of either corn beef hash, stew beef or chili
- 2 boxes of macaroni & cheese (or rice)
- 1 box of cereal (or oatmeal)
- 1 jar of jelly
- 1 jar of peanut butter
- 1 snack
- 1 can of fruit
- 1 jar of tomato sauce

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