

# Project 5000

*A seasonal project of caring, love, and sharing with persons in need.*

Project 5000 is founded on an unforgettable experience in the life of Jesus – the feeding of the 5,000. Jesus took the five loaves and two fish offered by a small boy and multiplied them to provide more than enough food for a multitude of 5,000. Project 5000 allows us to give our own small contribution of food and see it multiplied into greater usefulness.

Each box of food is designed to provide emergency food for a family of four for two days.

Suggested items for a box:

- 2 cans of tuna, chicken or Spam (12-13 oz. each)
- 2 cans of vegetables - anything but corn (14.5 oz. each)
- 1 can spaghetti sauce (26.5 oz.)
- 1 can of canned fruit (14.5 oz.)
- 2 boxes of macaroni and cheese (7.25 oz.)
- 1 box flavored grits (12-10 oz. packets)
- 1 lb. bag or box of white rice
- 2 packages of muffin/biscuit mix - esp. corn muffin (8 oz.)
- 1 package of powdered milk or packets (9.6 oz.) or 2 cans of evaporated milk
- 2 cans of condensed soup or 1 can of non-condensed soup (e.g. Progresso)
- 1 plastic jar of jelly (32 oz.)

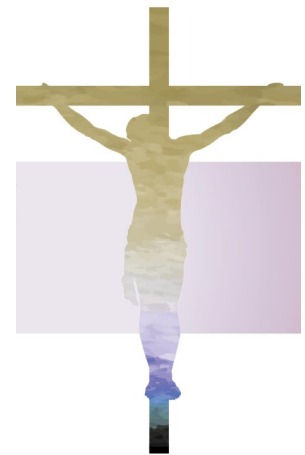
Note: Sizes may vary slightly by brand. Please do not use glass containers

**Substitutions are fine!** To find the most up-to-date needs or online grocery shopping list (please ship directly to IFC, 110 W. Main Street, Carrboro, NC 27510)

visit:

<https://www.ifcweb.org/needs>

Boxes or doubled paper grocery bags (so they do not rip) may be returned to Jeff and Karin Foarde's carport at 1404 Wildwood Dr, Chapel Hill. Jeff's cell is 919-619-1445 if you have questions you may text (preferable) or call.



*If you pour yourself out for the hungry and satisfy the desire of the afflicted,  
then shall your light rise in the darkness and your gloom be as the noonday.*

Isaiah 58:10