


Project 5000



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

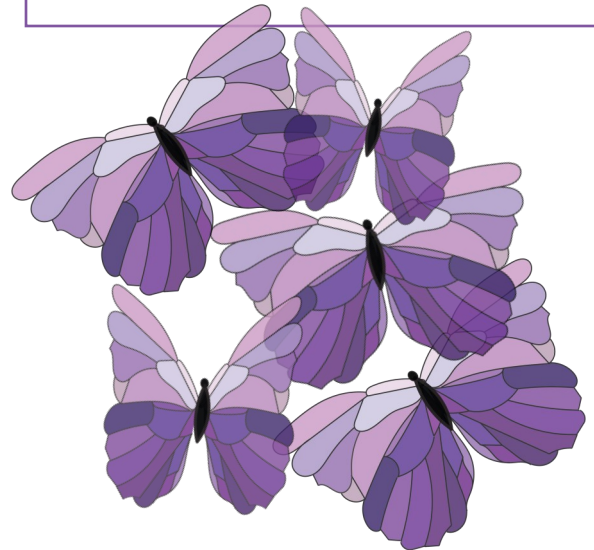
Project 5000 is founded on an unforgettable experience in the life of Jesus – the feeding of the 5,000. Jesus took the five loaves and two fish offered by a small boy and multiplied them to provide more than enough food for a multitude of 5,000. Project 5000 allows us to give our own small contribution 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 and goes to the Inter Faith Council (IFC) or Orange Congregations In Mission (OCIM).

Suggested items for a box (substitutions are fine!):

- 2 cans of meat (2 different varieties – 12–24 oz. each)
- 2 cans of vegetables (14.5 oz. each)
- 2 cans of fruit (15 oz. each)
- 1 can of pasta (15 oz.) (e.g., Chef Boyardee ravioli)
- 1 box macaroni and cheese (7.25 oz.)
- 1 bag of white or brown rice (1 lb.)
- 2 cans of black or pinto beans (15 oz. each)
- 1 box of hot cereal (18 oz.)
- 1 package powdered milk (9.6 oz.)
- 1 package of muffin/biscuit mix (add water only type) (8 oz.)
- 1 can of non-frozen concentrate 100% fruit juice (11.5 oz.)
(small soft drink sized can, not single strength)
- 1 plastic jar of peanut butter (18 oz.)
- 1 plastic jar of jelly (32 oz.)

**A donation of \$40 is equal to
filling a box.
Visit [universitymc.church](https://www.universitymc.church)
to give.**



Online grocery shopping list visit:

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

If ordering online, please ship directly to IFC, 110 W. Main Street, Carrboro, NC 27510
or OCIM, 300 Millstone Dr, Hillsborough, NC 27278.

Boxes may be returned to the church Sundays or Monday through Thursday from 9 a.m.– 4 p.m., by April 2.

If you have questions, please text (preferable) or call Jeff Foarde at 919-619-1445.

*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*