



**Catholic  
Charities**  
DIOCESE OF WICHITA

*Providing help.  
Creating hope.*



# Did you know?

Did you know how many food items, on average, the Catholic Charities Help Center Food Pantry distributes each month?

Take a look, you might be surprised:

<u>Food Item</u>	<u>Avg/Month</u>
Fruit	1,340
Veggies	3,300
Cereal	1,340
Pasta/Rice	520
Tomato/Pasta Sauce	1,340
Ramen Noodles	1,650
Peanut Butter	520
Mac & Cheese	1,340
Beans	1,340
Meat	1,860
Soup	1,450
<b><i>Total Avg/Month</i></b>	<b><i>16,000</i></b>

You can help by collecting the following items:

- **Canned Vegetables**
- **Canned Fruit**
- **Peanut Butter**
- **Cereal**
- **Tuna**
- **Pasta/Pasta Sauce**
- **Mac & Cheese**
- **Soup**

Please bring these items to the Help Center food pantry at 437 N. Topeka, weekdays from 8 to 5 p.m.

Please contact Nicole Lloyd, Catholic Charities Special Events Coordinator, at 264-8344, ext. 221, for more information.