



40 Cans for 40 Days

As you prepare for Easter by sacrificing during Lent, remember the 40 days and nights that Christ spent in the desert, without food or water, praying and preparing for His sacrifice.

40 Cans-40 Days is simple!

Let's each (individually or as a family) donate one can of food each day, starting on Ash Wednesday and continuing during the 40 days. Drop your cans off in the narthex each Sunday!

Greatest needs at SECOM:

PERSONAL HYGIENE ITEMS:

Shampoo, Soap
Deodorant
Shaving items
Laundry Soap

CANNED:

Fruit (in juice or low sugar)
Canned Tuna or Salmon
Canned Tomatoes (not crushed or sauce)
Canned Vegetables (low sodium)
Tuna, Salmon

BOXED/BAGGED:

Breakfast Cereal (less than 10g of sugar)
White Rice
Crackers