

Philoptochos is coordinating the restart of the "Pack-a-Snack" service project. Several churches in the Roanoke Valley have started an organization called "Pack-a-Snack" which provides healthy snacks to underprivileged children during several breaks throughout the year such as Christmas break, spring break and other long weekends. We would like to participate with our neighboring churches in the Williamson Road area to provide snacks for eligible students attending Round Hill Elementary. Our goal is to pack "30" bags with healthy snacks for the upcoming Christmas break.

The following are some suggestions of healthy snack items:

- Canned vegetables: corn, peas, green beans, or mixed vegetables
- Canned soups: chicken noodle (or any kid friendly soup)
- Small jars of peanut butter
- Small jars of grape jelly
- Saltine or Ritz crackers
- Oatmeal packets
- Cereal bars
- Pudding cups
- Apple sauce cups or fruit cups
- Microwaveable popcorn packets
- Peanut butter crackers
- Granola bars
- Individual snack bags of pretzels, goldfish, cheese nips, etc.
- Mac 'n cheese boxes or cups
- Fresh apples or oranges

If you would like to donate items or make a monetary donation, please see Frances Simopoulos, Danna Owen or Angela Flegas. We will be collecting items/money until **Sunday, December 10<sup>th</sup>**. **If you choose to donate nonperishable snacks, please bring 30 of that item.** For example, if you choose to bring in oatmeal, we need to have 30 individual packets. One packet will be included in each bag. If you have any questions regarding the "Pack-a-Snack" service project, please contact Frances Simopoulos at [francesimopoulos@gmail.com](mailto:francesimopoulos@gmail.com) or 434.851.6830.

There will be a sign-up sheet in the hall starting Sunday, November 12. Please let us know the snack you will bring. This will allow us to have a variety of snacks versus a lot of duplicates. Philoptochos thanks you in advance for your support of this very important service project.