

THE OLQP FOOD PANTRY NEEDS YOUR HELP!

Our food pantry is currently experiencing a massive surge in requests due to COVID-19. This past week alone we served over 500 families in need, a 125% increase from our usual amount. In addition, with in-person masses suspended for the time being, our primary food source of parishioner donations has dramatically decreased. This combination of higher demand and lower supply is why **we need your help** to continue serving families in need to the best of our ability during these uncertain times.

HOW TO HELP

A HUGE THANK YOU goes out to those who have already chipped in! As a result of your contributions as well as those of the greater Arlington community, **we were able to serve 528 families this week!** If you are able and interested in supporting the pantry, please see below for the best ways to offer your assistance.



MONETARY DONATIONS

Monetary donations of any amount are appreciated. **Just \$16 can help support a family for one entire week; \$64 supports a family for an entire month!** You may contribute by visiting [this page](#). Donations can also be dropped off (in a safe way) during office hours or mailed by check to the address at the bottom of this bulletin.



FOOD DONATIONS

We are also collecting the **following food items**. There will be a bin for drop-off outside the back of Fr. Ray Hall from 10am until 1pm, Monday through Friday.

- 1 bag of rice, any size
- 1 bag of dry beans (or two cans)
- 1 pack of long or short pasta
- 1 jar of pasta sauce (24 oz, any kind)
- 1 box low sugar cereal (e.g. Cheerios)
- 1 can of corn (16 oz)
- 1 can green vegetables (16 oz)
- 1 can of fruit in light syrup/juice
- 2 cans/packs of tuna in water/oil
- 1 bottle of oil (48 oz)
- 1 bag of corn flour ("masa harina") for tortillas (NOT cornmeal) (e.g. Maseca)



VOLUNTEER AS A SHOPPER

We need help completing **grocery runs for bulk items!** The ideal volunteer will have a large car, be able to carry large amounts of heavy items and be available a few times a month to complete grocery runs.



SHARE/PUBLICIZE THIS OPPORTUNITY

Spread the word! Please consider sharing this information with your friends and loved ones, your neighborhood email listservs, and on your social media pages. The Arlington/Northern Virginia communities have been incredible and we are hopeful that this support will continue so that we may best serve our community. Be sure to check out [this recent Washington Post article](#) to learn more about OLQP's Food Pantry effort during the COVID-19 crisis.

CONTACT INFORMATION

For more information or to volunteer, please contact OLQP's Social Justice & Outreach **Minister Sally Diaz-Wells** at sdiazwells@olqpva.org or **Michaela Sims** (volunteer) at michaela_sims@hotmail.com. Send all correspondence and mailed donations to **2700 South 19th St. Arlington, Virginia 22204**. Above all, please continue to stay safe!

