

"Pack-N-Snack" Program

Jiff-to-Go Peanut Butter Cups	Vienna Sausages
Beef Jerky	Foil Packs-Spam, Tuna, Chicken and Salmon
Beanee Weenees	Lunchables
Pork & Beans	Cheese & Crackers
Spaghetti O's	Cereal Bars
Pudding Cups	Single Serving Cereal
Fruit/ Fruit Gel Cups	Small Bags Chips
Noodle Cups	Small Bags Peanuts
Ramen Noodles	Individual Packets
Juice Boxes	Drink Mixes , e.g. Crystal Light & Hot Chocolate
Peanut Butter & Crackers	String Cheese
Soup Cups	

Restore Hope Ministries

Peas, 15 oz	Pork & Beans, 15.5 oz
Green Beans, 15 oz	Canned or Dried Pinto Bean, 15.5 oz
Corn, 15.25 oz	Peanut Butter, 18 oz
Mixed Veggies, 15 oz	White Rice, 16 oz
Carrots, 14.5 oz	Pasta (reg. or whole grain), 16 oz
Canned Mixed Fruit or Peaches, 15.25 oz	Cereal, 18 oz
Applesauce, 15 oz	Oatmeal, 16 oz
Pears, 15.25 oz	Cream of mushroom/ Tomato Soup, 10.5 oz
Pineapple, 20 oz	Canned Tuna or Chicken, 5 oz
Tomato Sauce/ Diced Tomatoes, 15 oz	

July Mission Emphasis Month - 2015

Each Sunday in July the Work Area on Missions will be collecting food for Cookson Hills and Restore Hope in Bishops' Hall.

For monetary gifts, please designate "Cookson Hills" or "Restore Hope" and place in the offering plate on Sunday mornings or mail to the church.

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MISSIONS

July Mission Emphasis Month



Cookson Hills
 "Pack-N-Snack" Program

Restore Hope Ministries
 Food Pantry



How You Can Help

- Bring items in their original, unopened packaging to Bishops' Hall each Sunday during the month of July.
- Food must be non-perishable, with an expiration no earlier than 2016. Items for Cookson Hills must be snack sized and individually wrapped. Sizes for Restore Hope items are specified in the needs list, but are generally full sized.
- Cookson prefers food donations, but also accepts monetary gifts. Please designate "Cookson Hills" for any monetary gifts made to this ministry. Gifts may be placed in the offering plate on Sunday mornings or mailed to the church.
- Restore Hope Ministries prefers monetary gifts, but also accept food donations. Please designate "Restore Hope" for any monetary gifts made to this ministry. Gifts may be placed in the offering plate on Sunday mornings or mailed to the church.

Cookson Hills "Pack-N-Snack" Program

The Cookson Hills Center has been a very significant part of the mission work of the United Methodist Women in Oklahoma since 1948. The presence of the United Methodists among rural low-income people in Northeastern Oklahoma has shown an important aspect of the way we care for others as concerned Christian people. The primary target groups of the Center's services are Native American people, most being of the Cherokee tribe.

A program called "Pack-N-Snack" was created to help nourish children who come to Cookson Hills. During the week, children receive a free breakfast and lunch through their school. However, most children go hungry on the weekends and when school is not in session because they don't have food at home. Through "Pack-N-Snack," food packs are filled and given to the children when they come to the Center for children's programs on Thursday afternoons year-round.

Restore Hope Ministries Food Pantry

Restore Hope, located on Charles Page Blvd, is our United Methodist Agency in Tulsa whose mission is "to restore families in financial crisis to economic and spiritual vitality."

Last year, nearly 30% of Tulsa county households with children reported that they suffer from hunger on a daily basis. Restore Hope distributed 163,288 pounds of food to 4,517 families in 2014!

Currently, Restore Hope is able to provide a week's worth of food for a family of four for an average cost of \$22.00. This basic cart of food is also supplemented with in-kind gifts of fresh produce, milk, eggs, etc.

Monetary gifts made to Restore Hope are doubled through a corporate matching program. Boston Avenue is already close to making the benchmark for gift matching, which will allow Restore Hope to purchase even more food for families.