

# Manna Bags

## *a program of The Stewpot*

**Manna** – in the Bible, the food miraculously provided for the Israelites in the wilderness during their flight from Egypt – “**good things which have been provided as sustenance**”.

You are invited to meet the need of the hungry by providing a bag of food sustenance to our homeless friends on the street. This is a great project for individuals, families, faith groups, school and scout groups, civic and business organizations.

**Manna Bags** will be distributed by The Stewpot. Thank you for showing, by word and deed, you care for our friends in need.

**Use quart or gallon zip lock bags;** paper lunch sacks may also be used.

**Fill each bag** with any of the items listed below. You do not have to include all of the items – this is just a list to select from.

### **Suggested Items**

Canned tuna or chicken – zip top	Granola or cereal bars
Bags of peanuts, sunflower seeds	Beef jerky or Slim Jims
Small boxes of raisins	Individual pudding cups
Wrapped packages of crackers	Wrapped packages of cookies
Small cans of zip top fruit or fruit cups	Individual size chips or pretzels
Hard candy, Mints	Gum
Bottles of water	Juice boxes or small cans
Individual condiment packets of salt, pepper, sugar, mayo, catsup, mustard, plastic utensil, napkins	

\* Another option is to collect just one or two items for donation and we will add to existing bags

**Items NOT to include:** any homemade items, anything requiring refrigeration, any unwrapped items, chocolate, fresh fruit, soft drinks, drinks in bags or bottles with snap off tops or glass bottles, money, cigarettes, anything with a torn package or more than a month past expiration date.

**Note of Encouragement** If you like, you may include a note of support, inspiration or an uplifting scriptural passage. Do not sign with full name or include any personal information. You can sign with your affiliation; faith, civic, school ,company. Place your note inside the bag.

**Deliver to The Stewpot, 1822 Young Street, Dallas, 75201**  
Monday through Friday, 8:30 am – 3:30 pm

\*Groups and individuals volunteering for meal Service at The Bridge may bring completed bags at their time of service.

**Questions?** Call 214-746-2785 Jean Jones, ext. 320 or Amanda Bailey, ext.322