



**CAP**  
CHURCHES ASSISTING PEOPLE

## July Newsletter

### Director's Cut

As I sit in my office writing this and preparing for the upcoming holiday, I am so thankful for all that God has done and is doing for CAP.

We are seeing such an increase in numbers of those in our area facing food insecurities. We are serving between 80 and 112 families per day.

The need is real, and we need your help. Please continue to pray for us and encourage anyone you know that can to please donate food to help feed our community. Please see our upcoming events in this newsletter.

I wish you and yours a very Happy and Safe July 4th holiday! Enjoy your family and friends.

Grateful to serve with you,  
Donna

### Benevolence Report May 2023

Food donated by individuals: 5,210 lbs.

Food Provided to # of families: 1,686

to # of individuals: 4,191

**Total number of meals served: 37,719**

**Volunteer Hours: 495**

**HAPPY BIRTHDAY!**



Happy Birthday to our amazing office assistant Kaydan! She celebrates her birthday on July 4<sup>th</sup>.



Boxed Cereal, Jelly (plastic jars), Oatmeal, Grits, Boxed Potatoes, Boxed Mac & Cheese, Canned Ravioli, Spaghetti sauce (plastic jars), Canned meats (ex: SPAM, Chicken, Corn Beef Hash, etc.), Canned fruit (pineapples, peaches, pears) Canned potatoes, Toothbrushes, Baby Diapers (sizes 5, 6 and/or 7)

Please remember our Christmas in July! If you need any more information, contact your church or CAP.

Let's make this Christmas as good as last year!!