



# How to put a food parcel together

During difficult times some people may be unable to get food. This could be because they don't have enough money or simply because they are unable to leave the house. Either way, as a Mini Vinnie you can help get food to them by putting together a food parcel.

## Step 1

- Ask them what they need or have a think about what they might need.
- Can they have fresh food, such as bananas or eggs? Do they need essentials, such as: toilet roll; soap; washing powder or deodorant?
- Make sure you get or write a list of everything they need.

## Step 2

- Ask your co-ordinator or parents to take you shopping.
- While you are at the shops go through the list you have and pick everything you need up.

## Step 3

- Find a nice box or bag in which to put the food.
- If you can, try and decorate the box and make it look as nice as you can.

## Step 4

- Write the person/family a card or letter reminding them that you will pray for them

## Step 5

- Deliver the food parcel
- Pray for the person or family you are helping.



St Vincent  
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Turning Concern into Action

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