



Blessed are those who are generous,  
because they feed the poor.  
- Proverbs 22:9

Every day, **18,000 children** die from starvation.  
But **YOU** can make a difference for these children  
by volunteering at Feed My Starving Children.



*Each FMSC meal provides  
the key nutrients a child needs  
to survive and thrive.*



*At FMSC you will have fun  
while packaging food  
for children around the world!*

In 2009, more than  
**416,000 volunteers** joined  
Feed My Starving Children  
to package **over 96 million meals**  
for children in nearly **70 countries**  
around the world.

# Service Opportunity

You are invited to pack food for starving children!

**Date:** January 17, 2011      **Time:** meet@church5:40pm

Packing site:

**Aurora**

**555 Exchange Court**

Sign-up instructions:

Sign up in class or by email to [bridgek819@comcast.net](mailto:bridgek819@comcast.net) or phone Bridget Kelly 630-859-9564 no later than Tuesday January 11, 2011. Adult drivers and chaperones needed. We will leave Blessed Sacrament at 5:50pm to arrive at the packing site at 6:15pm. Return to the church will be approximately 8:45-8:50pm. Confirmation class, 8th graders, & high school students invited.

*Feeding God's Starving Children Hungry in Body and Spirit*  
To learn more about Feed My Starving Children, visit

**[www.fmssc.org](http://www.fmssc.org)**

or Login

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## Allergy Information

Feed My Starving Children (FMSC) advises volunteers with food allergies to exercise caution when determining whether or not to participate in food packing. We are able to provide a complete list of ingredients in FMSC's food products, but we cannot guarantee the environments of our ingredients' manufacturing. Volunteers with extreme food allergies or allergies to any of the listed ingredients are advised not to pack.

### **MannaPack™-Rice Ingredients**

**Ingredients:** Long-Grain White Rice, Textured Soy Protein (Soy Flour), Vegetarian Flavoring (Salt, Dextrose, Hydrolyzed Corn Protein, Modified Corn Starch, Soybean Oil, Turmeric, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavoring), Dehydrated Carrots, Dehydrated Potatoes, Maltodextrin.

**Vitamins & Minerals:** Ascorbic Acid, Biotin, Pantothenic Acid, Folic Acid, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D3), Tocopheryl Acetate (Vitamin E), Copper Sulfate, Dicalcium Phosphate, Ferric Orthophosphate, Magnesium Oxide, Manganese Sulfate, Potassium Iodide, Zinc Oxide.

### **MannaPack™-Potato Ingredients (formula only packaged in Chanhassen, MN)**

**Ingredients:** Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, and BHT and/or BHA to preserve freshness); Releciithinated Soy Flour (Soy flour, Soybean Oil, Soy Lecithin); Sweet Potato Flavoring (Dehydrated Sweet Potato, Iodized Salt, Dextrose, Brown Sugar, Natural Flavor, Soybean Oil, Maltodextrin, Turmeric, Partially Hydrogenated Soybean Oil, Modified Corn Starch, Artificial Flavor, Silicon Dioxide to prevent caking), Gum Arabic.

**Vitamins & Minerals:** Calcium Carbonate, Iron, Niacin, Zinc Oxide, Riboflavin, Thiamin, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Vitamin A Palmitate, Vitamin D3, Tocopherol Acetate (Vitamin E), Vitamin B12.