



LIVE FREE.

THE RIDGE NEEDS YOUR HELP with our LIVE FREE initiative by providing material needs for some local families. We have teamed up with Mill Valley Fellowship and The Gift of Joy Project. Together, we will attempt to **SERVE 300 FAMILIES!**

2 WAYS TO HELP:

1: Today start praying and purchasing items found on this shopping list. Then begin bringing items for The Ridge to stack and store on October 1st.

2: Schedule a time for you and your whole family to come on November 14 to: pray for, prepare, pack and post the items into our boxes of love.

BOX OF LOVE

[Providing a box of food for 100 local families]

- Canned/Pouch Tuna & other meats
- Canned foods - ie. fruits, veggies
- Enchilada & Tomato Sauce
- Salsa
- Soup
- Tuna & Hamburger Helper Complete Dinner Mix
- Instant & Boxed Potatoes
- Boxed Mac & Cheese
- Pork & Beans
- Baked Beans
- Spaghetti Sauce
- Bottled Water
- Cereal & Oatmeal
- Dried Pinto Beans, Rice, Pasta
- Shelf Stable Milk
- Cooking Oil
- Sandwich Bags, Lunch Bags
- After School Healthy Snacks - ie. granola bars, cheese sticks, fruit cups
- Peanut Butter, Jelly, Honey

TO SIGN UP & GET MORE INFO: www.ridgeonline.org/livefree