



## This Lenten Season

The Florida Catholic invites parishes, schools and individuals to be the hands of Jesus Christ to our poor brothers and sisters

Please join us in our  
6th Annual Long Sleeve Relief  
and

Food-Diaper-Personal Hygiene Drive  
From Ash Wednesday (March 9)  
until April 20



Poverty in America among the working, tax paying poor is growing at an alarming rate. The demand on organizations helping those in need is immense and your help is needed.

### This Lenten season please consider donating

- Clean USED or NEW cotton shirts (long and short sleeve)
- Nonperishable food items
- Diapers/baby items
- Personal hygiene items
- Your prayers

For a complete list of collection facilities, hours of operation, and needed items, visit [www.thefloridacatholic.org](http://www.thefloridacatholic.org) or e-mail [longsleeverelief@thefloridacatholic.org](mailto:longsleeverelief@thefloridacatholic.org)

Please Help!

[www.thefloridacatholic.org](http://www.thefloridacatholic.org)  
1-888-275-9953



**Items needed for Lenten  
Long-Sleeve Relief Drive and  
Food, Diaper, Personal Hygiene Drive  
March 9 through April 20**

**With the state of the economy, the number of people seeking assistance from outreach organizations is overwhelming. We greatly appreciate your time and participation in the Florida Catholic Long-Sleeve Relief and Food, Diaper, Personal Hygiene Drives.**

**Here is a list of items needed:**

**Long-Sleeve Relief Drive**

Long- or short-sleeve cotton shirts  
(clean and sorted by size)

**Preferred Food Items**

Canned fruit packed in water or own juice

Cereal and oatmeal

Canned meat (tuna, chicken, ham, Spam)

Canned vegetables

Maseca (in flour aisle)

Meal items w/meat (stews, ravioli, etc.)

Soup

Peanut butter

Macaroni & Cheese

Pasta

Rice

Dried beans

Spaghetti and tomato sauces/paste

Powdered milk and drink mixes

Pancake mix and syrup

Low-sodium soups

Flour

Cooking oil

Coffee

No- or low-sugar items

Boxed soy or rice milk

Gluten-free foods

**Infant and Toddler Needs**

Diapers and wipes (**great need**)

Diaper rash cream

Formula (regular and soy-based)  
especially Good Start® formula

Stage 2 and 3 baby foods

**Personal Hygiene Needs**

Soap

Shampoo

Toothbrush and toothpaste/Dental Floss

Deodorant

Razors

Lotion

Band Aids

Antibacterial ointment (Neosporin,  
Mycitracin, Bactine)

If you have any questions, please e-mail: [longsleeverelief@thefloridacatholic.org](mailto:longsleeverelief@thefloridacatholic.org)