

Fresh Start Food Boxes



As part of our involvement with the interdenominational church group “Moving in Faith & Hope”, your Outreach Committee is committed to supporting the Fresh Start Sober Living program in the greater Bangor area. Our part is to supply a box of food for one person for about 5 days. Just enough for a person to get acquainted with their new neighborhood and find the local food pantry & bus routes. In 2023 we provided one box per month. In 2024 we would like to increase that to two per month as the Fresh Start Program now has thirteen homes and may use 15 boxes a month. We need your help to reach this goal. Standardized boxes are available at church. The list of items needed to fill each box is below. Contact Andy Wood (745-3428) for a box or any questions.

Thanks for your support – Your Outreach Committee

- Canned Fruit – 2
- Crackers – 1 box
- Canned Veggies – 2
- Mac & Cheese – 3 boxes
- Canned Beef Stew, Chili or similar
- Canned Tuna, Chicken or other – 2 cans
- Canned Soup – 2
- Box of Cereal or Box of Instant Oats – 1
- Peanut Butter – 1 jar
- Jelly – 1 jar
- Shelf-Stable Liquid Milk – 1
- Cookies – 1 package
- Spaghetti – 1 box
- Spaghetti Sauce – 1 jar
- Rice A Roni or similar – 2 boxes
- Any other Pasta dish – 1 box
- Pop Tarts – 1-8 pack box