

FFCC has teamed up with Kids Care to provide nutritious food to impoverished children in Tanzania, Africa and Haiti. Each food packet contains 6 servings & each bag is prepared in 20 minutes by adding it to boiling water. Each packet contains 21 essential vitamins & minerals, 6 dehydrated vegetables and chicken flavoring. This protein (52% soy) & nutrient rich formula reverses the starvation process. 1/3 of the meals are distributed to local families throughout San Diego, 2/3 are shipped and distributed globally.

Next Packaging Event

Join us at The Church of Rancho
Bernardo @ 11740 Bernardo Plaza Ct.,
S.D. 92128 on: Saturday (9am to 45pm), and Sunday (9am to 2-3pm) Mar
26 & 27 You must register in advance.
Click on "Food Packaging Event #23"
at www.ffccsd.org to register (starting March 6th).

Volunteers <u>please help</u> by bringing a \$20 donation (sponsors 80 meals), as well as donated <u>reading glasses and</u> <u>Over-The Counter Medications</u> for individuals in Haiti and Tanzania. Go to www.ffccsd.org for specific items



Community Partners: Dream Dinners in Poway, The Home Church, Village Mail & More, St. Bartholomew's Episcopal Church, SKS Petroleum Distributors, Poway High School, Lia Sophia Jewelry, EBS Elementary, Starbucks, Church of Rancho Bernardo, Rancho Bernardo High School, and U.S. Bank. Contact us to join the team!