

Wake Up



“ The time is always right to do what is right.”
- Martin Luther King, Jr.

Montana!

January 3-16, 2012

Healthy Breakfast Food Drive

Alleviate hunger in our community with a nutritious food drive for the Helena Food Share.

What to Donate

- Oatmeal
- Rice
- Jam
- Granola bars
- Peanut and almond butter
- Whole grain cereals
- Juice
- Canned and dried fruits
- Nuts
- Coffee
- Tea
- Canned milk
- Powdered eggs

What to Avoid

- Donuts
- Pastries
- Pop-Tarts
- Fruit Snacks

Everyone Welcome! Join us for an MLK Day community pancake feed!

Where:

St. Peter's Cathedral
Fellowship Hall (Behind the Church)
511 N Park Avenue, Helena

When:

Monday, January 16
8:00–11:00 AM

This event is free to the public, but cash donations for Helena Food Share will be gratefully accepted!

Donate healthy, non-perishable items at these locations:

- Albertsons
- Firetower Coffee House
- Lewis & Clark Brewery
- Lewis & Clark Library
- Real Food Market
- Safeway
- Starbucks on Prospect Avenue

Thanks to our generous sponsors!



real food market & deli
HELENA • MONTANA

MONTANA
Department of Public Health & Human Services

