

Volunteer Opportunity for all ages- Go-bags for Friendship House

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This year is especially challenging for folks due to the COVID virus. Sometimes people just need a little support and to know that someone cares. Friendship House provides support and services to individuals experiencing homelessness in New Castle Co. Go-Bags and coffee are needed for people at the Friendship House Empowerment Centers and the new FH Code Purple program at the NCC HOPE Center where individuals and families are finding shelter from COVID and the cold winter weather.

To assemble Go-Bags:

Put one of EACH of the following items in a gallon-sized Ziploc bag

- Easy-open(no can openers or scissors required) protein (microwavable pasta or bean meal that can be eaten cold, single service stew/soup, canned tuna or chicken, beef jerky, bag of nuts)
- A healthy fruit or veggie option (squeeze pouch, fruit cup, fruit snacks, dried fruit or veggie, apple sauce)
- A snack bar (granola bar, protein bar, breakfast bar, etc.)
- One more additional snack (cookies, crackers, pretzels, etc.)
- Drink (juice that provides some nutrition or small 6 oz. water)
- Spoon, napkins, and/or encouraging message that does not proselytize (optional)

Please note everything needs to be easy to open. We want each bag to provide as many food groups as possible, not a lot of sugar, and everything must be non-perishable (the bags can sit for up to a week or so and will not be refrigerated).

We will also be collecting large containers of coffee(Folgers, Choc-Full O’Nuts) and monetary donations to RCCPC designated for Friendship House.

Drop off assembled Go-Bags** and coffee at church in box outside Founder’s Hall on Sunday, January 24th or 31st between 12 noon and 1 pm.

**Keep a couple Go-Bags handy in your own car for people you might see out in the community.



Follow the link for more information about Friendship House and the HOPE Center fhcodepurple.org.
Thanks, Meg Aument, Suzanne Courter-Jann, Jeanene Johnston & Linda Neel.