



Meals FROM THE
Heartland

WHAT IF YOU...

DEVOTE to doing your part to help those who are hungry?

SERVE by volunteering to package meals?

GIVE by donating money here or online?

(Approximate) \$1 = 5 meals • \$20 = 100 meals • \$50 = 250 meals

..... Please make tax deductible checks payable to
Meals from the Heartland

What if this year you helped?

www.MealsFromTheHeartland.org

MILLIONS of meals made. **THOUSANDS** of lives saved.