



# Feed a Family of Four



Feeding a family of four is not easy when your only source of income is a Social Security check for under a \$1000 a month or you are working for minimum wage at \$7.50/hr (that's only \$1200/month before taxes and health insurance copays). After paying \$400-\$600 a month for rent for an apartment big enough to house everyone and \$100-\$300 a month for Utilities, there's only a couple of hundred dollars left to buy clothing, pay for medical and/or Dental expenses, phone, School uniforms and supplies, Toilet paper, laundry soap (if your lucky enough to own a washer and dryer) and transportation expenses. I could go on and on but I'm sure you see the difficulty in making ends meet.

These are the types of families we see every day here at Helping Hands. The programs we provide help them to make ends meet so that they can afford to pay for some of the extra things they wouldn't otherwise be able to.

*I am asking for your help for the summer months to help Feed a Family of Four.*

How much does it cost Helping Hands to feed a family of four? Let's break it down:

Meals cost approximately \$2.00. Breakfast is served Monday, Wednesday and Friday and Lunch is available Monday through Friday.

\$2.00 per meal x 4 family members	=	\$8.00
\$8.00 x 8 meals a week	=	\$64.00
\$64.00 x 52 weeks in a year	=	\$3328.00
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\$3328.00 divided by 12 months	=	\$256.00 per month

Add to that Groceries obtained from our pantry once a month:

1 Bag = Aprox \$75.00 x 2 bags	=	\$150.00
	+	\$256.00 (meals)
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	=	\$406.00 total cost per month

You can cover this amount in one donation or maybe \$100 a month for June—August,

I realize everyone's financial situation is as unique as they are. I'm only asking for you to give what you can, even if it's only a portion of the cost. Every little bit helps.

I always say "We survive on a prayer" here at Helping Hands. I truly believe that God watches over us and seems to provide for our needs. I also believe God wants us to do our part to ask for what is needed rather than sitting back and expecting it to fall in our laps. We exist because of our many loyal supporters who share our concern for the poor, who heed Jesus' teaching to reach out and do what they can to help those who need it most. I pray that you are one of those people, that you will find it in your heart to help us reach out to our families by way of committing to a monthly donation and by praying for us here as we continue to do God's work.

Prayerfully,  
Paul Cook

<p>June Feed a Family of 4</p> <p>Helping Hands 443 Sixth St Toledo, OH 43605</p>
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<p>July Feed a Family of 4</p> <p>Helping Hands 443 Sixth St Toledo, OH 43605</p>
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<p>August Feed a Family of 4</p> <p>Helping Hands 443 Sixth St Toledo, OH 43605</p>
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<p>September Feed a Family of 4</p> <p>Helping Hands 443 Sixth St Toledo, OH 43605</p>
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