

4 Cans 4 Conference



As we gather in Roanoke this June, we plan to bless that community with **5 tons** of non-perishable foods for the Roanoke Rescue Mission.

We "Can" Make a Difference!

WE SUGGEST:

- 1 CAN OF MEAT
- 1 CAN OF VEGETABLES AND/OR FRUIT
- 1 CAN OF SOUP AND/OR STEW
- + 1 CAN THAT MAY BE OPENED WITH A POP-TOP

4 CANS 4 CONFERENCE

Each Annual Conference member should plan to bring 4 Cans 4 Conference June 20-22.

**4bags of cans, or 4boxes of cans, or 4carloads of cans would be welcome too!*

Boxes of nonperishables such as pasta, rice, beans, cereals are also welcome. Please do not bring home-canned items, out of date cans, glass jars, damaged cans, fresh fruits/veggies, or already-opened or partially used supplies.

Contact Herb Brynildsen for more information: HerbBrynildsen@vaumc.org.