



# SOWING SEEDS FOR LIFE

Opening Date for Food Pantry:  
**November 5<sup>th</sup>**  
**11 a.m. – 1 p.m.**



*SOW your gifts and REAP the fulfilling experience of volunteering.*

*"When you give to the least of these you have given to Me."*

**VOLUNTEERS NEEDED FOR:**

**Interviewing, Distribution, Children's Activities, Event Coordination, Nutrition & Meal Classes, Sign-Making, Sorting & Packaging.**

*Serving people in the communities of:*

Fryeburg

Lovell

Stow

Stoneham

Sweden

Waterford

Chatham, NH



*Canned and dry goods, bread, eggs, dairy, produce, personal hygiene.*

(certain items are available in limited supply)

Mark Your Calendar → Food Pantry Days and Times:  
**1<sup>st</sup> and 3<sup>rd</sup> Wednesdays Every Month**



*Come, there is help.*

**Located at "The Sweden House"**

**1134 Knights Hill Rd.**

**Sweden, ME**

**Beige Ranch**

**1/2 mile (2<sup>nd</sup> house) on right from Rt. 93 in Lovell**

**Contact: Chrystal Libby 935-1193, 207-743-4418 (on pantry day)**