



1630 Vermont Avenue Northwest
Washington, District of Columbia 20009

VABC Food Connection

vabcfoodconnections@gmail.com



Rev. John J. Cox, Pastor

VABC Food Connection



Vermont Avenue Baptist Church Vision and Mission Statements

Vision

Strengthening Families and Communities one life at a time.

Mission

Inspiring people toward a closer relationship with god by teaching God's word, creating disciples, sharing our faith, nurturing an awareness of our responsibility to one another and building community.

The VABC Food Connection is designed to fulfill the Vision and Mission Statements of Vermont Avenue Baptist Church by providing food donations to those in need. We will invite Church Members, Community Members and Community Partners to assist in this endeavor with food and monetary donations. We will distribute food donations to those in need on a monthly basis. Eventually plans are to serve, on a periodic basis, hot, home cooked meals to those in need.

Donations will be in the form of actual food donations from a list that is provided. Monetary donations on several giving levels will also be graciously accepted.

VABC Food Connection



Food Items Needed Donation List

- Applesauce (unsweetened)
- Baby food
- Brown rice
- Canned beans
- Canned chicken
- Canned fish (Salmon and Tuna in water)
- Canned fruit (in fruit juice, no heavy syrup)
- Canned meat (Ham and Spam)
- Canned soup (low sodium)
- Canned stew including chili
- Canned vegetables (low sodium)
- Cereal (low-sugar, whole grain)
- Chicken, beef and vegetable broths and stocks
- Cooking oils (Olive and Canola)
- Crackers
- Dried fruit (No sugar added)
- Dry beans
- 100% Fruit juice
- Granola bars
- Honey
- Instant mashed potatoes (kind that mixes with water not milk)
- Nuts
- Oatmeal
- Pasta
- Pasta Sauce
- Peanut Butter
- Powdered milk
- Quinoa
- Rice
- Shelf stable milk and milk substitutes
- Spices including salt, pepper and garlic powder



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Monetary Donations for Food Pantry

Levels for Monetary Donations

Bronze Level	\$10.00 to \$99.00
Silver Level	\$100.00 to \$499.00
Gold Level	\$500.00 to \$999.00
Diamond Level	\$1,000.00 to \$1,999.00
Platinum Level	\$2,000.00 and Above

Name of Donor _____

Address _____

Phone number (optional) _____

Amount of Donation \$ _____

Donations can be made on our Website vabcworship.org and click on the Giving tab.

Thank you for your generosity and your invaluable assistance in the participation in this much needed community service in the continuance of God's work.

VABC Food Connection



Food Donation Receipts

[illegible]

VABC Food Connection



Monetary Donation List

[illegible]

VERMONT AVENUE BAPTIST CHURCH
1630 Vermont Avenue, NW, Washington, DC 20009
Tel: 202-667-1078 • Fax: 202-667-1492

Email: vabcfoodconnections@gmail.com • Website- www.vabcworship.org

VOLUNTEER APPLICATION FORM

All information in this document is confidential.

Name: _____
First Middle Last

Address: _____
Street Address

City/State/Zip: _____
City State Zip

Contact: Primary Phone: _____ Mobile _____

Male _____ Female _____ Date of Birth _____

Name of School (if applicable) _____

Education (Highest Level) _____

Physical Limitations _____
(Be specific; if none, write none)

Previous volunteer experience: Yes _____ No _____ Position _____

Describe the experience _____

Your Availability: Day _____ No. of Hours _____

Dates: From _____ Until _____

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IN CASE OF EMERGENCY, PLEASE NOTIFY:

Name _____

Relationship _____ Phone _____

Name _____

Relationship _____ Phone _____

My signature below certifies that all statements made on this application are true, complete and correct to the best of my knowledge and belief. I understand these statements are subject to verification. I understand that falsification on this application can disqualify me for consideration or result in my volunteer services being denied.

Volunteer Signature of Agreement

_____ Date _____

Responsible Adult Consent (If under 18 yrs.)

_____ Date _____

Signature and relationship or authority

Vermont Avenue Baptist Church Approval

_____ Date _____

Senior Pastor or Authorized Representative

THANK YOU

Our Pastor, Rev. Dr. John J. Cox and the Members of the VABC Food Connection would like to thank you for your generous monetary donation in support of our Food Pantry and SHARE Program. May God continue to bless you for your much needed financial gift so that we may serve those who are in need of a food connection to sustain a healthier way of life.