

Friends of Aquia's Table

Did you know that to feed about 50 people a nutritious meal, it only costs \$100? With the kind contributions of local citizens, we are able to continue to help nourish our neighbors every Wednesday night.

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone No. _____

Email _____

___ Yes, I would like to become A Friend of Aquia's Table. I know my monetary contribution will be used towards the purchase of the meals that help feed my neighbors.

Amount of Donation: \$ _____

___ One Time ___ Monthly ___ Annually

Checks may be made payable to *Aquia Episcopal Church* with the memo line reading *Friends of Aquia's Table*. Please note all contributions are tax-deductible.

___ Yes, I would like to be contacted about ways that I can volunteer with Aquia's Table.

We thank you in advance for becoming a Friend of Aquia's Table. Without you, we would not be able to continue the efforts to stomp out hunger.

Aquia Episcopal Church is
located at
2938 Jefferson Davis Highway,
at the intersection of Rt. 1 and
Rt. 610 in North Stafford.

To make a donation, please mail
it to:

Aquia Episcopal Church
P.O. Box 275
Stafford, VA 22555

www.aquiachurch.com



*A hot meals program in
Stafford County*

Hunger: A national problem found in our own backyard

According to the U.S. Department of Agriculture, one in eight Americans is currently suffering from hunger. Hunger is described as going one or more days without a meal. This tragedy affects the young and old, the working family and the unemployed.

“Hunger is all around us.” You cannot put a face to hunger. It is the single mother raising her two children on a minimum wage job. It is the war veteran who’s monthly prescriptions are quite costly. It is the college-educated man whose unemployment benefits have ended. Hunger is all around us. Hunger is everywhere.

In Stafford County, there are several area churches that have food pantries to help assist individuals and families. The need for food assistance in our area, however, outweighs the accessibility.

Aquia’s Table serves meals every Wednesday night from 6-8pm at Aquia Episcopal Church. It provides nutritious hot meals and fellowship to adults and children on a weekly basis, in a secure and welcoming environment.

Aquia’s Table: A community table

Aquia’s Table is a place in which all are welcome to gather and enjoy a home cooked meal. Those who support and those in need illustrate what it means to be a community helping its neighbors.

The meals themselves are carefully planned, purchased and prepared. The variety of meals ranges from chicken and rice to spaghetti and meatballs. Area businesses and organizations who wish to help by donating goods for the Wednesday night meals may contact the Procurement Coordinator at AquiasTable@aquiachurch.com

Since its inception in the spring of 2009, Aquia’s Table has served over 1500 meals. Individuals and businesses who are interested in ensuring that Aquia’s Table continues to feed those in need should consider becoming a Friend of Aquia’s Table. Please fill out the attached form or contact the Friends of Aquia’s Table Coordinator at AquiasTable@aquiachurch.com.

Volunteers: Lending a Hand

Aquia’s Table welcomes young and old alike who would like to help serve our weekly Wednesday meals. We have room for scout troops, school groups, professional and business groups, and individuals to volunteer or support on a regular basis or during a specific time of the year.

Available volunteer opportunities for scout troops and school groups include sponsoring a canned food drive, creating holiday decorations, and helping with the set-up and serving of the meal. School groups may also be interested in sponsoring a penny drive to help go towards the purchase of holiday turkeys and hams.

To follow safe food handling practices, all volunteers who help in the dining room will undergo a quick hand-washing training. Those who wish to work in the kitchen must complete a one hour training that is provided throughout the year.

If you would like to learn more, or have an idea about how you or your group can help, please contact the Staffing and Recruiting Coordinator at AquiasTable@aquiachurch.com.



Become an advocate today so that tomorrow no one will go hungry...