



## \*FREE MEAL DISTRIBUTION\*

**WHEN:** MONDAY AUGUST 17, 2020 9:00AM-12:00PM

**WHERE:** SUMNER FOOD BANK AT  
THE EAST SUMNER CONGREGATIONAL CHURCH  
50 MAIN ST., SUMNER

To order additional food from the pantry, please visit their website  
and fill out the customer shopping list

<https://eastsumnercongregationalchurch.weebly.com/sumner-food-bank.html>

**WHAT:** CHEESY CHICKEN PASTA BAKE (PENNE WITH  
CHICKEN, TOMATOES, SUMMER SQUASH, AND ZUCCHINI)  
AND MASSAGED KALE SALAD

**MADE BY LOCAL COOKS** WITH FOOD PROVIDED BY  
BEECH HILL FARM, FARE SHARE CO-OP, CAFE NOMAD,  
COOPER FARMS, MOOSE POND GARDENS, AND  
COMMONWEALTH POULTRY

FOR MORE INFORMATION PLEASE EMAIL  
[FOOTHILLSFOODWORKS@GMAIL.COM](mailto:FOOTHILLSFOODWORKS@GMAIL.COM)  
OR CALL 207-318-1199 AND LEAVE A MESSAGE

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