



Children of the Americas

Food for Kids



"In this life, we cannot do great things. We can only do small things with great love."
Mother Teresa

Come with us just beyond the Mexican border and meet some incredible kids and the women of their neighborhoods who feed and care for them. And best of all, you can help.

Children of the Americas has been working with children in Mexico, Central America, and the U.S. for over 30 years, and operates four nutrition centers in the Tijuana area that serve hot breakfasts to over 500 hungry kids, every day. For many of these kids, it's the only meal they may get. Kids need food, school supplies, and scholarships if they're going to have a chance to break out of their cycle of poverty.

You can help us bring a metric ton of breakfast foods to keep the dining rooms operating for one month of the year. It's easy. Just consider donating some of the food listed on the back of this flyer, and if you like, coming with us to see the neighborhoods and meet the kids we're serving. If you prefer, we always need school supplies and scholarship money for the kids too.

To find out more about the Food for Kids and school aid programs and how you can help, please call Dave or Marian Brisbin at 949-709-0673, email us, or visit us on our website. Thanks from the kids.



Children of the Americas
67 Gingham St.
Trabuco Canyon, CA 92679
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dave@americaschildren.org
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FOOD
PRAYER
SCHOOL
SUPPLIES

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Your Body Weight in Food for Kids?

Think about it...

A metric ton of food. What's that? Well, a ton of corn flakes looks bigger than a ton of rice, but in the proportions below, visualize something like four minivans (with all the seats out) filled to the top. That's our goal. To stock the kitchens, please consider buying your body weight in food for the kids in Tijuana—or maybe the body weight of one of your kids. If only 22 people bring 100 lbs, we're there.

Of course, if you can't bring your body weight, bring anything you can from the list below. We especially need pancake mix and powdered milk.

1. Use the shopping list below as a guide to buying your food.
2. Bring the food to a designated area (at work or for pick-up).
3. Consider coming with us to the border to deliver the food.

If you have any questions, need help buying or delivering your food, or would like to go to the border to deliver to the Rainbow Centers, just call us at the numbers on the other side.

Thanks for everything from the kids!

SHOPPING LIST

Breakfast Foods	1 Ton	100 lbs	50 lbs
✓ Rice	500 lbs	25 lbs	12 lbs
✓ Pinto Beans	500 lbs	25 lbs	12 lbs
✓ Powdered Milk	500 lbs	25 lbs	12 lbs
✓ Hot Chocolate	60 lbs	3 lbs	2 lbs
✓ 4 Flour	300 lbs	15 lbs	8 lbs
✓ Pancake Flour	100 lbs	5 lbs	2 lbs
✓ Pancake Syrup	10 gal	1 gal	1/2 gal
✓ Vegetable Oil	4 gal	1 gal	1/2 gal
✓ Corn Flakes	120 lbs	6 lbs	3 lbs
✓ Velveeta Cheese	120 lbs	6 lbs	3 lbs
✓ Peanut Butter	60 lbs	3 lbs	2 lbs
✓ Jelly	30 lbs	2 lbs	1 lbs
✓ Cinammon	6 lbs	1/2 lb	1/4 lbs
✓ Hot Cereal	50 lbs	3 lbs	2 lbs
✓ Raisins	30 lbs	2 lbs	1 lbs

And if you want, bring some individually wrapped candies to pass out to the kids who gather to meet us, or maybe balloons or party favor-type trinkets. They love it.

Et Cetera...
The Rainbow Centers always need good kitchen tools, cooking pots, spoons, bowls, napkins, kitchen cleaning supplies, and durable plastic cups and glasses. If you have any old pots and pans, bring them along.

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