



**JUNE 17, 18, and 19**  
**CRISIS MOBILE PACK FOR UKRAINE**  
 (MP2206-166MI Warrington, PA)  
 at  
**St Anne Ukrainian Catholic Church**  
 1545 Easton Road - Warrington, PA 18976

**VOLUNTEER TO PACK THE FOOD:**

<https://www.fmsc.org/volunteer-listing?mobilepack=2206-166MI>

PASSWORD: UKRAID2022 thru 5/4/22 / NO PASSWORD NEEDED AFTER 5/4/22



**Volunteers having a blast!**



**Vera & Bogdan - Eastern Ukraine - 2018**

**MONETARY DONATIONS:**

**TO PAY ONLINE:**

URL: [give.fmsc.org/saintannes](https://give.fmsc.org/saintannes)

URL: <https://give.fmsc.org/campaign/2206-166mi-warrington-pa-st-annes-ukrainian-catholic-church/c401018>

**TO SEND CHECK:** Make Check out to: FMSC and in Memo area, please add **MP 2206-166MI** and send to:

FMSC  
 Attn: Chris Savini  
 555 Exchange Court  
 Aurora, IL 60504

**INFO? Helene (215) 343-3948**



**THIS IS ABSOLUTELY NOT**  
**COLLECTING CANNED GOODS OR FOOD!!!!**

**VOLUNTEER DUTIES AVAILABLE:**

(AGES: 6 to 100)

- **Set up Hall** (Friday 3:30-5p - 20 volunteers needed)
- **Pack the food** (10 people per station-24 stations per 2 hr session - 240 volunteers per session needed); **Put boxes on pallets; and Put labels on packs (sit down at table)** (Friday (6-8p); Saturday (9-11; 12-2; 2:30-4:30; 5:30-7:30); Sunday (11-1))
- **Clean Up Hall** (Sunday 12:30-3:30p - 20 volunteers needed)



## MannaPack™ Rice ingredients

**Ingredients:** White Rice, Textured Soy Protein (Soy Flour), Vegetarian Flavoring (Salt, Hydrolyzed Corn Protein, Corn Starch, Dextrose, Soybean Oil, Natural Flavor, Disodium Inosinate, Disodium Guanylate), Dehydrated Carrots, Dehydrated Potatoes.

**Vitamins & Minerals:** Dicalcium Phosphate (Calcium), Magnesium Oxide (Magnesium), Ascorbic Acid (Vitamin C), Ferric Orthophosphate (Iron), d-1 alpha Tocopheryl Acetate (Vitamin E), Maltodextrin, Niacinamide (Niacin), D-Calcium Pantothenate (Pantothenic Acid), Zinc Oxide (Zinc), Manganese Sulfate (Manganese), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Copper Sulfate (Copper), Thiamin Hydrochloride (Thiamin), Riboflavin, Folic Acid, Biotin, Potassium Iodide (Iodine), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12)

## Allergy information

SHARE:   

We advise any volunteers with food allergies to exercise caution when determining whether or not to participate in food packing. We are able to provide a complete list of ingredients in FMSC's food products, but we cannot guarantee the environments where our ingredients are manufactured. **Volunteers with extreme food allergies or allergies to any of the listed ingredients are advised not to pack.**