

The Friends of St. Anthony (FOSA) is the Outreach Program of St. Anthony of Padua Parish in Woburn.

Through their outreach programs, FOSA help Homebound Seniors and those in need in the Woburn Catholic Collaborative community.



FOSA assist **Helping Our Troops (H.O.T)** in Stoneham by helping collect items and prepare packages to send to service men and women.

Helping Our Troops is a local non-profit organization that provides care-packages to soldiers from Massachusetts serving overseas.

Items that they collect: • Ground Coffee (1lb. bags), Flavor Tea bags, Individual Crystal Light, Hot Chocolate, Presweetened Kool Aid • Canned Soups, Ravioli, Tuna, Salmon, Sardines; Beef Jerky, Beef Sausage Logs; Jif to Go; Individual Breakfast Cereal; Instant Noodle

Soup • Sunflower/Pumpkin Seeds, Pretzels, Protein and Granola Bars, Cheese/Peanut Butter Crackers, Nuts, Dried Fruit, Gum, Lifesavers, Reese's Peanut Butter Cups • Tylenol, Motrin, Roloids, Pepto Bismol, Tums, Imodium AD, Neosporin, Cortisone Cream, Small First Aid Kits, Hand Sanitizers, Wet-naps, Band Aids, Odor Eaters, Mini Kleenex packs.

Last but not least - **prayers for their safe return.**