



The average monthly food costs for a family of 4 can range from nearly \$600 to \$1,160.

Gas price spike could cost families about \$1,300 more a year.

WWNY 3/10/22



Average cost of disposable diapers is about \$20 per week. That's \$80 to \$100 per month.

**Let *Elizabeth Ministry* help you
s t r e t c h your budget
by supplying some DIAPERS and WIPES.**

Call us at (315) 921-2806.

email: *elizmin@catholicwatertown.org*

**Leave a message with your name,
contact information
and the size diapers you need.**