

Food Boxes

Our goal this year is to fill 2 food boxes per family. The food boxes collected will be handed out at the community center or delivered to shut-ins in the metro-East area. This has been such a blessing the past 16 years that we have done this! Boxes will be available at the building to put your food in. No time to shop? No problem! Just write a check for the number of food boxes you would like to sponsor (\$30 per box) and drop it in the weekly offering marked "food boxes". It can't get any easier to participate than that!

Food basket shopping checklist:

- (4) Canned vegetables
- (2) Canned fruit (fruit cocktail, applesauce, etc)
- (2) Canned soup – large size
- (2) Peanut butter
- (1) Grape Jelly
- (1) Canned chili w/meat or beef stew – large size
- (1) Spaghetti noodles – 2lb box
- (1) Spaghetti sauce
- (3) Cans of tuna – 6oz
- (1) Instant mashed potatoes
- (1) Instant rice
- (1) Navy or great northern beans – large size bag
- (3) Macaroni 'n cheese – 7.25oz box
- (2) Toothbrushes
- (1) Toothpaste (cheaper at Wal-Mart)

Please bring your food items to the building and fill them there with the boxes and tape provided. PLEASE use packing tape on the bottom and close the top so they don't fall apart during transport. Consider writing a personalized note from your family to include in the boxes.