



2012 Christmas Sharing

FEED-A-FAMILY FOOD LIST

Buy food for a family for a week! (*any amount donated is welcome.*)

Make arrangements to bring your food to a site church: Aldersgate United Methodist, First Presbyterian, Gary United Methodist, Holy Cross Lutheran, St. John Lutheran, or Trinity Episcopal of Wheaton –or –Blanchard Alliance or Community Baptist of Warrenville. (Call prior to Dec. 2 to make arrangements, please.)

SMALL / MEDIUM FAMILY (2-5 people)

- 4 lbs. Pasta/Noodles
- 5 lbs. Rice
- 2 bags Dried Beans (Pinto, Red, Kidney, Mixed, Lentils, or etc.)
- 5 lbs. Flour
- 5 lbs. Sugar
- 1 bottle Canola Oil
- 2 boxes Cereal
- 4 boxes Macaroni & Cheese
- 4 cans Fruit
- 4 cans Vegetables
- 2 cans full meals (Beef Stew, Chicken and Dumplings, Chili, etc.)
- Coffee or Tea
- 3 cans Tuna
- 4 cans Soup
- 1 jar Peanut Butter
- 1 jar Jelly or Jam
- 2 cans Tomatoes
- 2 jars or cans Spaghetti Sauce
- 1 plastic bottle Fruit Juice
- 1 misc. treat (cake or brownie mix, package of cookies, candy, etc.)
- 4 rolls Toilet Paper
- 2 rolls Paper Towels
- 2 boxes Facial Tissue (Kleenex)
- 2 bars Bath Soap
- 1 large Shampoo
- 2 Deodorants
- 1 can Cleanser
- 1 Laundry Detergent

Feel free to add holiday extras or substitute items! This list is intended to provide a week's worth of non-perishable items plus some staples and paper products. Paper products and cleaning/toiletry items are included because SNAP (Supplemental Nutrition Assistance Program) benefits, formerly called food stamps, cannot be used for these needs.