

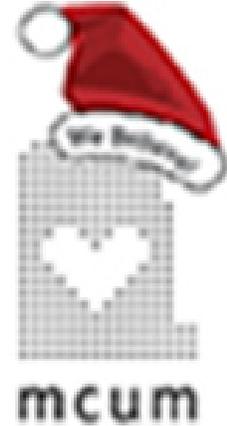
Steps for a Successful Food Basket

Double-bag your groceries

A food basket will need 5-6 double-bagged paper or cloth sacks. Please double-bag your paper sacks or they are likely to rip!

Identify your food basket bags

Mark your food basket bags distinctly from others by stapling a bright piece of wrapping paper or attaching a ribbon to each bag in your set.



Check off each item below as you add it to the basket

Staple the list to one of your sacks. We will remove the list before the baskets are distributed. Helpful hint: please distribute heavy cans evenly among all bags in your set so that bags are about the same weight.

Feeling generous?

You may add additional items to your food baskets if you wish, but please do not include perishable items.

Essential Items

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 (40 oz.) can beef stew | <input type="checkbox"/> 4 (6 oz.) cans of tuna | <input type="checkbox"/> 1 large box of cereal |
| <input type="checkbox"/> 1 box of saltine crackers | <input type="checkbox"/> 1 box of snack crackers | <input type="checkbox"/> 1 jar of jelly |
| <input type="checkbox"/> 10 cans of soup
(2 cans of 5 different kinds) | <input type="checkbox"/> 1 can chicken broth | <input type="checkbox"/> 1 large box of bread mix |
| <input type="checkbox"/> 1 package dry egg noodles | <input type="checkbox"/> 1 medium box of pancake mix | <input type="checkbox"/> 1 jar of peanut butter |
| <input type="checkbox"/> 1 box of stuffing or potatoes | <input type="checkbox"/> 1 (26 oz.) jar pasta sauce | <input type="checkbox"/> 1 bag of rice |
| <input type="checkbox"/> 9 cans of vegetables | <input type="checkbox"/> 2 quarts (64 oz.) of fruit juice | <input type="checkbox"/> 2 dessert items |
| <input type="checkbox"/> 2 cans of pumpkin | <input type="checkbox"/> 9 cans of fruit | <input type="checkbox"/> 1 bag of dry beans |
| <input type="checkbox"/> 1 (5 lb.) bag of flour | <input type="checkbox"/> 1 bottle of syrup | <input type="checkbox"/> 1 package of granola bars |
| <input type="checkbox"/> 1 package of Laundry soap
and /or dish soap | <input type="checkbox"/> 1 (5 lb.) bag of sugar | <input type="checkbox"/> 1 bar of soap |
| | <input type="checkbox"/> 2 rolls of toilet paper | <input type="checkbox"/> 1 container of shampoo |

Optional Items

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 10-12 pound turkey* | <input type="checkbox"/> 1 5 pound ham* | <input type="checkbox"/> additional dessert items |
| <input type="checkbox"/> 2 boxes of macaroni & cheese | <input type="checkbox"/> 1 box of cooking oil | <input type="checkbox"/> salad dressing |
| <input type="checkbox"/> 1 box of gravy mix | <input type="checkbox"/> coffee/tea/cocoa | |

* Please do not put turkeys or hams with other items. Families will have a choice of ham or turkey and MCUM will keep them frozen until they are distributed.

Deliveries need to be made Monday-Friday between 8am - 5pm or by 7pm on Tuesdays.
Please return your food basket to MCUM by **December 8**.