



MONROE COUNTY UNITED MINISTRIES  
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BLOOMINGTON, IN 47404

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**Please bring  
your food  
baskets to  
MCUM by  
December 4  
at 4 pm.**

## Food Basket Guidelines & Shopping List

### 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 your 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 non-perishable items to your food baskets if you wish.

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

### Optional\*:

- 1 (10-12 lb.) turkey
- 1 (5 lb.) ham

\*Please bag the turkey or ham separately. MCUM will keep them frozen until the baskets are handed out.

