

2019 – our 50th year!



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, IL –or– Wellspring Alliance or Community Baptist of Warrenville, IL. (*Call church prior to Dec. 9 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
- 4 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 -or- bottle Spray Cleaner
- 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.