

This holiday season, you can make a meaningful difference for a local family in need by filling this grocery bag with nutritious, shelf-stable food. Each bag will be distributed to a family in need at the **Community Day of Hope** event to help ensure our neighbors can gather around the table and enjoy up to (3) comforting holiday meals. The estimated cost to fill one bag is: \$30-\$35.



*Please stick to this list to the extent possible, as we will also be providing recipe cards to help recipients make the most of these ingredients! (no perishable goods, please) If you missed an item, please leave us a note on this form!*

*Questions? Call 330-744-8451*

**✓ Protein Sources (one of each)**

- 1 can chicken or tuna (packed in water)
- 1 can beans (black, kidney, or chickpeas)
- 1 package of lentils or quinoa

**✓ Grains & Starches (one of each)**

- 1 box instant mashed potatoes
- 1 package cornbread or biscuit mix
- 1 box whole grain stuffing mix
- 1 package instant oatmeal

**✓ Vegetables & Sides (all)**

- 2 cans vegetables (green beans, corn, peas, or mixed)
- 1 can sweet potatoes or yams
- 1 can diced tomatoes

**✓ Fruits (one of each)**

- 1 can fruit in 100% juice (peaches, pears, pineapple, etc.)
- 1 jar unsweetened applesauce
- 1 can cranberry sauce

**✓ Dairy/Calcium Source (one of each)**

- 1 small package shelf-stable milk
- 1 jar peanut butter or sunflower seed butter

**✓ Meal Helpers & Flavor Enhancers (all)**

- 1 small bottle olive or coconut oil
- 1 packet poultry seasoning or spice blend
- 1 packet dry gravy mix

**✓ Holiday Dessert (choose one)**

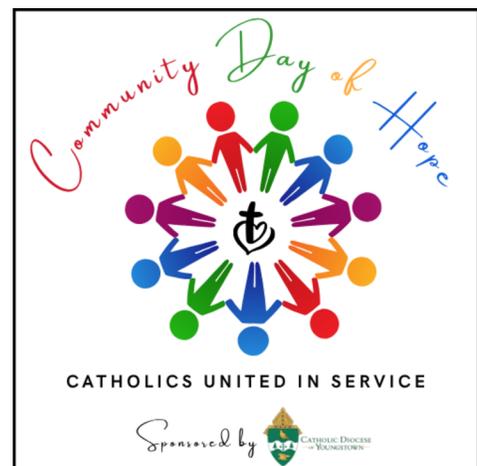
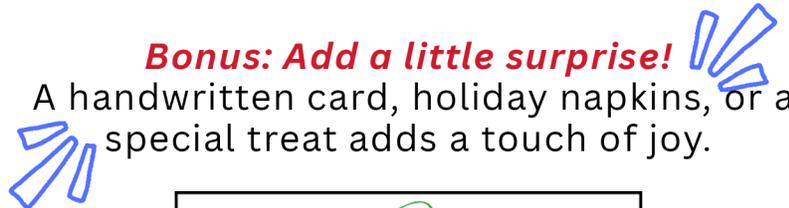
- 1 can pumpkin or apple pie filling plus (+)
- 1 box crust mix or graham cracker crust
- **OR**
- 1 package dried fruit (raisins, cranberries, or dates)

**✓ Beverage (choose one)**

- 1 box black, green, or herbal tea
- OR** 1 small jar instant coffee
- OR** seasonal cocoa mix

***Bonus: Add a little surprise!***

A handwritten card, holiday napkins, or a special treat adds a touch of joy.



***Deadline to return bags: October 31, 2025***