



Breakfast

1 box of cereal (hot or cold)

Lunch

Peanut butter (16oz)

Jelly

Individual servings canned fruit, applesauce, etc. (4-6 count)

Dinner

Canned vegetable (15oz)

And either:

Spaghetti sauce and pasta

or:

Boxed skillet meal and canned meat to complete meal

Emergency Food Bags Needed!

Please purchase all items, place in a grocery bag, and bring to the church.



NB: As possible, please avoid glass containers. Can't find something? Improvise.

The important thing is to provide breakfast, lunch, and dinner for two adults.

Try to include all ingredients to fully prepare any item you include in your bag.