



MONROE COUNTY UNITED MINISTRIES
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BLOOMINGTON, IN 47404

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**Please bring
your food
baskets to
MCUM by
December 2
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.

- ___ 1 (40 oz.) can beef stew
- ___ 4 (6 oz.) cans of tuna
- ___ 1 large box of cereal
- ___ 1 box of saltine crackers
- ___ 1 box of snack crackers
- ___ 1 jar of jelly
- ___ 10 cans of soup (2 cans of 5 kinds)
- ___ 1 can chicken broth
- ___ 1 large box of bread mix
- ___ 1 medium box of pancake mix
- ___ 1 jar of peanut butter
- ___ 1 package dry egg noodles
- ___ 1 (26 oz.) jar pasta sauce
- ___ 1 bag of rice
- ___ 1 box of stuffing or potatoes
- ___ 2 boxes of macaroni & cheese
- ___ salad dressing
- ___ 1 box of gravy mix
- ___ 1 box of cooking oil
- ___ 2 quarts (64 oz.) of fruit juice
- ___ 9 cans of vegetables
- ___ 9 cans of fruit

- ___ 1 bag of dry beans
- ___ 2 cans of pumpkin
- ___ 1 bottle of syrup
- ___ 1 package of granola bars
- ___ 1 (5 lb.) bag of flour
- ___ 1 (5 lb.) bag of sugar
- ___ 1 bar of soap
- ___ 1 package of Laundry soap /or dish soap
- ___ 2 rolls of toilet paper
- ___ 1 container of shampoo
- ___ coffee/tea/cocoa
- ___ 2 dessert items
- ___ additional dessert items

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.