



# UpLift A Family Christmas Food Drive

## Thank you

Thank you so much for choosing to help UpLift a Family this holiday season. Your generous contributions to our food drive will help to feed a family in need over the holiday break.

## How It Works

Volunteers will go grocery shopping using the provided list of suggested foods for their family in need. Volunteers will then bring the groceries to the UpLift office at 3209 Smith Valley Road, Suite 146, Greenwood, IN 46142. UpLift will pack up the groceries and deliver the groceries to Firefly. Caseworkers at Firefly will provide the families with the donated groceries.

We ask that all food be dropped off by December 9<sup>th</sup> in order to ensure that families have received the food in time for the holiday break.

Please use the list included to get an idea of what these families are in need of. This list has been created with the goal to provide a week's worth of groceries for family of 5-8. This is a list of suggested food, we have included the minimum amount of food we are asking for each family, but feel free to give more!

We are asking for newly/recently purchased food only. Please keep in mind expiration dates when donating food items. Please no frozen or refrigerated items. (Pop tap cans are not required but are helpful).

**Please note,** if you are unable to provide the complete list of groceries but would still like to provide part of the list, we are happy to take what you are able to provide, and we will combine your donations with others to give a full week of groceries for families in need.



# Suggested Food List

## Breakfast

at least 2 of the following...

- family sized boxes of cereal
- value pack of instant oatmeal
- box of pancake mix and syrup
- value pack of sealed mini muffins

## Dinner

at least 8 of the following...

- boxes of pasta noodles with jars of sauce
- family sized cans of soup/chili/stew
- value size canned meats
- family sized cans of baked beans

## Snacks

at least 2 of the following...

- value sized fruit snacks
- sandwich crackers
- variety pack chips
- cookie snack packs
- granola bars/nutrigrain bars

## Lunch

at least 8 of the following...

- boxes of macaroni
- family sized cans of spaghetti-o's/ravioli
- instant mashed potatoes
- instant rice
- applesauce cups
- peanut butter

## Fruits/Vegetables

at least 10 of the following...

- variety of canned vegetables
- variety of fruit cups

## Beverages

at least 2 of the following...

- carton of shelf stable milk
- pack of juice boxes

