

KNIGHTS OF COLUMBUS
Father Diamond Council #6292

THANKSGIVING ADOPT A FAMILY PROJECT

SUGGESTED FOOD LIST

_____ BISQUICK	_____ 2 SPAGHETTI SAUCE
_____ SUGAR	_____ 2 CANS SPAGHETTI/RAVIOLI
_____ CRANBERRY SAUCE	_____ 2 BOXES MACARONI & CHEESE
_____ SALT and/or PEPPER	_____ 2 CANS PORK & BEANS
_____ COFFEE	_____ STUFFING MIX
_____ TEA	_____ 2 CANS (or more) TUNA FISH
_____ 2 CANS JUICE (Large)	_____ 2 CANS TOMATOES
_____ PEANUT BUTTER (Jar)	_____ 2 CANS CORN
_____ JELLY Or JAM	_____ 2 CANS PEAS
_____ CRACKERS (Snack or Saltines)	_____ 2 CANS GREEN BEANS
_____ OATMEAL (Hot Cereal)	_____ 1 CAN YAMS
_____ 2 BOXES DRY CEREAL	_____ 2 BOXES Jell-O PUDDING
_____ RICE (Instant or Regular)	_____ 6 CANS FRUIT
_____ NOODLES/PASTA	_____ TREATS (Candy, Cookies, etc.)
_____ 6 CANS SOUP	_____ CHILI, BEEF STEW, Etc.

(Please consider the purchase of other items such as toiletries and baby food as appropriate)

The items on this list are only suggestions: Use your own shopping experience to determine what might be needed to feed a family of four for about a week. The Council will provide a turkey as well as a gift certificate that can be used for purchase of perishable items.

Reminder: The first thing you might want to do to begin your purchasing is to contact Larry Novack and purchase some food certificates from Giant, Safeway or Shoppers Food Warehouse. This way you are donating a percentage of your purchases to the Council and the school while you also assisting the needy. Consider picking up some extra food certificates for your personal use. Contact Larry at zlt01@aol.com.