

Miracle of Christmas Food List 2017

Below is a list of foods that should be included in the food boxes. All foods must be nonperishable. Please include items that would be considered part of a Christmas dinner (mashed/sweet potatoes, green beans, gravy, pie filling and crust mix, etc...) **Please do not include any homemade food items.** As thoughtful as they are, we cannot give them to the families. Also, please try to include only food that is used for regular meals. There is not room in the boxes to also include snack food items and candy. **Each food box is 12 ½" W x 15 ½" L x 10" H**

Small Christmas Food Basket

2 days food for a family of 1-3 people (1 food box)

- 3 green vegetables
- 2 other vegetables
- 3 soups (any kind – those with meat are best)
- 2 canned protein (stews, chicken, tuna, salmon etc...)
- 2 ravioli, SpaghettiOs, or chili with meat
- 1 each peanut butter and jelly
- 1 gravy
- 1 each pasta and sauce
- 2 fruit
- 1 cranberry sauce
- 1 box potato (any kind)
- 1 box stuffing mix (Stove Top or any brand)
- 2 potatoes (1 canned sweet potato, 1 other: mashed, scalloped, etc. in box or pouch)
- 1 rice
- 2 macaroni and cheese
- 1 breakfast food (cereal or pancake mix with syrup)
- 1 dessert (brownie mix, pie crust and filling, cake mix and frosting – not candy)



For larger families, please use the above guideline to fill multiple boxes:

- 1-3 people: 1 box
- 4-6 people: 2 boxes
- 7-9 people: 3 boxes

LMS Compassion Place is aware of the latest news articles discussing the high incidence of obesity, hypertension, high cholesterol and diabetes among many of the poor who rely on food banks. We have updated our requested list of food items to reflect healthy options. While all contributions are welcome and appreciated, this new list includes information on healthier alternatives.

Protein – tuna fish, canned meats, stew, peanut butter, macaroni & cheese, beans, spaghetti with meat sauce, etc...

- Healthy options: Canned salmon and chicken, low sodium or low fat options

Green vegetable – green beans, peas, spinach, etc...

- Healthy option: Low sodium choices

Other vegetable – potato, corn, carrots, beets, tomato, etc...

- Healthy option: Low sodium choices

Soup – especially those with meat

- Healthy option: Low sodium or low fat choices

Fruit

- Healthy option: canned in its own juice or low sugar

Pasta – noodles, rice, spaghetti, etc.

- Healthy option: Whole grain pasta, brown rice

Cereal –

- Healthy option: Whole Grain Cereal - not heavily sweetened: examples include plain oatmeal, shredded wheat, Cheerios, Kix, etc...