

FEED A FAMILY OF FOUR FOR A DAY

BREAKFAST

- 1 large can fruit *juice* (not fruit drink)
- 1 box pancake mix **or** 1 box oatmeal **or** 1 box low fat, low sugar cold cereal **or** granola
- 1 box powdered milk
- 1 small box teabags **or** 1 small jar instant coffee
- 1 box cocoa mix
- 1 jar jam **or** marmalade

LUNCH

- 2 packages macaroni & cheese **or** 2 cans condensed soup **or** 2 cans tuna fish **or** 1 jar peanut butter & 1 jar jelly
- 1 large can fruit

DINNER

- 1 large can spaghetti & meatballs **or** 1 box pasta & 1 jar marinara sauce **or** 2 cans beef stew & 1 small box rice
- 1 large can vegetables
- 1 large jar applesauce or fruit

**PLEASE BRING YOUR DONATION TO CHURCH ON *SUNDAY*,
*NOVEMBER 13***

