

FALL BREAK FOOD BINS

What? Help our Sumner County neighbors by providing food for Fall Break for those who depend on school meals.

Who? The food bins will go to families in need from our neighborhood, as identified by school Guidance Counselors.

When? Return your bin to the HFUMC WELCOME AREA by **Sun. September 26, 2021.**

How? Just 4 easy steps!

1. Take a bin.
2. Purchase all items from the list below (cost roughly \$50, depending on your choices) or divide the list below among a group of friends.
3. Collect the food and fill the bin. PLEASE make sure everything fits in the bin with the lid attached.
4. Return the completed bin to the HFUMC Welcome area by 9/26/21.

Qty	Item	Description
2	Whole grain cereals	X-large family size (e.g. Cheerios, Life)
2	Fruit cups (in water or light syrup) and/or unsweetened apple sauce	Large multi packs and/or or large plastic container(s)
1	Peanut butter	X-large plastic container
1	Real fruit jam	X-large plastic container
1	Raisins	15 oz box or larger
1	Whole grain crackers	1 large box
2	Dry Pastas – Spaghetti plus another of your choice	2 large boxes (1 of each kind)
1	Spaghetti Sauce	With meat, large plastic container
1	Alfredo sauce	Large container (ideally plastic but realize options are limited – try to wedge well in your box)
4	Canned chicken	12.5 oz cans
1	Diced tomatoes	10oz can
1	Parmesan Cheese	8oz
2	Soup Mixes	Family size, e.g. Bear Creek, or Idahoan
1	Additional Healthy Snack	e.g. large bag of trail mix, protein bars, etc.

Feel free to add more to your bin if you feel called! We've been asked to purchase healthier food so please keep this in mind in your selections. Also, please ensure everything fits, is shelf stable, non-breakable, and not too heavy (another concern that we are addressing with modifications this round). The bin provided allow for plenty of space!

**If you have any questions, please contact Brenda Amodei, (615) 824-8725 ex. 115
or Brenda.amodei@hfumc.org.**