

## Carroll Food Drive Thanksgiving Box Donation and Packing Instructions

**Thank you for your help in sponsoring a family, this is a great service to our community!**

- 1) Once you commit to creating this gift, please email Richard Vitale, ACHS Service Learning Coordinator at [rvitale@achsdc.org](mailto:rvitale@achsdc.org), who will assign you a family box number (same for both boxes)
- 2) Place the items below into two medium size boxes with care, so that each can be lifted easily.
- 3) If you are able, include a card wishing the family a happy thanksgiving!
- 4) You may add some extra items but don't over fill and then seal your boxes.
- 5) Please bring \$20 in an envelope with your name and the assigned/numbered boxes. We will use this money to purchase a turkey for the family you sponsored.

<input checked="" type="checkbox"/>	<b>Food for One Family Should Contain (separate into 2 evenly weighted boxes)</b>
	Green Beans - 2 cans
	Beans (Black, Kidney, Pinto etc.) - 4 cans
	Soup - 6 cans
	Vegetables misc/mixed. - 4 cans
	Corn - 2 cans
	Sweet Potatoes or Yams - 1 can
	Oil (Vegetable, Canola etc.) - 1 bottle
	Spaghetti/Tomato sauce - 2 cans/jars
	Gravy - 1 can/jar/packet
	Dried potatoes - 2 boxes
	Flour - 1 bag
	Sugar - 1 bag
	Pancake Mix - 1 box/bag
	Cereal/Oatmeal - 1 box
	Stuffing - 1 box/bag
	Cranberry Sauce - 1 can

	Tuna/Seafood/Spam/Other Meat - 4 cans
	Rice - 3 bags/boxes
	Corn Muffin Mix - 2 boxes
	Pasta - 3 boxes/bags
	Snacks - 1 box Cake/Brownie Mix AND/OR 2 Snack Items (Pudding, Cookies, Crackers etc.)
<input checked="" type="checkbox"/>	<b>Add 4-6 of These Items as Available</b>
	Salad Dressing - 1
	Ketchup or Other Condiment - 1
	Juice or Soda - 1
	Coffee, Tea, or Hot Chocolate - 1 box
	Peanut Butter - 1 jar
	Jelly or Jam - Jar
	Mac n Cheese - 2 boxes
	Fruit or Applesauce - 2 cans/jars
	Dried Beans - 1 bag



Some have found it more convenient to use an online shopping platform. With Walmart you can ship directly to us for a fee or pick up yourself to avoid the fee and deliver to Carroll.

The Walmart online grocery site to purchase items is <https://grocery.walmart.com/> Or use this QR code to go directly to the web site on your phone, just focus your camera on the QE code.



Deliver to:

Richard Vitale, Carroll Food Drive Coordinator  
4300 Harewood Dr. NE, Washington DC 20017