



# Give a Thanksgiving Meal Box

**Our Mt Zion Outreach Cluster is collecting the following items for the Wellroot Family Services Thanksgiving Meal Box.**

**Our goal is to provide TEN completed meal boxes.**

**Collection bins will be located under the drive-under and in the lobby by the elevator. We will be collecting through November 7th.**

Thanksgiving is a time for family togetherness, but it can also be a time of financial stress for those who are food insecure. A holiday meal box is needed for residents in Wellroot programs and for families in crisis. Help the families and teens served by Wellroot by blessing them with a Thanksgiving meal box. Along with food, you are giving families the opportunity to build cooking skills and relationships.



- 1 box Stovetop stuffing
- 1 small container of vegetable oil
- 4 packages macaroni & cheese
- 2 cans green beans
- 1 can cream of mushroom soup
- 1 package fried onions
- 3 cans sliced carrots
- 1 small bag of sugar
- 1 box of cereal such as rice krispies, cornflakes, chex mix, or cinnamon cereal
- 1 can cranberry sauce
- 1 package of rolls
- 1 salt
- 1 pepper
- 1 garlic powder
- 1 box egg noodles
- 2 cans Veg-all or mixed vegetables
- 1 container of salsa
- \$20 gift card to Kroger or Publix for turkey or perishable items

