

Graceworks Christmas 2011 Suggested Grocery List for Food Boxes

SMALLER FAMILY (Up to 4 people)

FOOD ITEMS	QUANTITY		FOOD ITEMS	QUANTITY
Apples & Oranges	6 of each		Sugar, granulated	5 lbs
Celery	1 bunch		Brown Sugar	1 package
Onions	2 lbs		Dressing or stuffing mix	1 box
Potatoes, white	5 lbs		Oil, vegetable	24 oz
Green beans, canned	2 cans		Oats, quick	1 small
Corn, canned	2 cans		Peanut Butter	16 oz
Peas, canned	2 cans		Jelly	18 oz
Tomatoes, canned	2 cans		Coffee	1 package
Cranberry sauce	2 cans		Tea bags	1 box
Fruit, Canned	2 cans		Margarine	1 lb
Soup, canned	4 cans		Eggs, large	1 dozen
Beans, canned	2 cans		Milk, homogenized	1 gallon
Instant Potatoes	1 box		Bread, white or wheat	1 loaf
Rice, instant	1 box		Small ham or turkey breast	
Crackers	1 box		Pie, frozen fruit or pumpkin	
Macaroni and Cheese	2 boxes		Salt, pepper, basic spices	
Meal, Corn	2 lbs		Optional items include sweets as well as cleaning supplies, personal hygiene items, or paper products.	
Flour, all purpose	5 lbs			

Please ask the recipient about dietary restrictions. Approximate cost for entire list is about \$75.

Graceworks Christmas 2011 Suggested Grocery List for Food Boxes

LARGER FAMILY (5 or more people)

FOOD ITEMS	QUANTITY		FOOD ITEMS	QUANTITY
Apples & Oranges	1 bag of each		Sugar, granulated	5 lbs
Celery	1 bunch		Brown Sugar	1 package
Onions	3 lbs		Dressing or stuffing mix	2 boxes
Potatoes, white	10 lbs		Oil, vegetable	48 oz
Green beans, canned	6 cans		Oats, quick	1 medium
Corn, canned	6 cans		Peanut Butter	40 oz
Peas, canned	6 cans		Jelly	32 oz
Tomatoes, canned	4 cans		Coffee	1 large package
Cranberry sauce	2 cans		Tea bags	1 box
Fruit, canned	5 cans		Margarine	1 lb
Beans, canned	5 cans		Eggs, large	2 dozen
Soup, canned	8 cans		Milk, homogenized	2 gallons
Instant Potatoes	1 box		Bread, white or wheat	2 loaves
Rice, instant	2 boxes		Large ham or turkey breast	
Crackers	2 boxes		Pie, frozen fruit or pumpkin	2 pies
Macaroni and Cheese	3 boxes		Salt, pepper, basic spices	
Meal, Corn	2 lbs		Optional items include sweets as well as cleaning supplies, personal hygiene items, or paper products.	
Flour, all purpose	5 lbs			

Please ask the recipient about dietary restrictions. Approximate cost for entire list is about \$125.