



# BOXING OUT HUNGER

TABERNACLE CHURCH OF NORFOLK  
**NOVEMBER 5-19**

Did you know that as you sit down to enjoy a holiday meal with your family, thousands of your area neighbors will be wondering if they'll have something to eat?

YOU CAN HELP! With your support, our Tab Church family will show the love of Christ to members of our community by providing needed food during the holiday season. Boxing Out Hunger provides a box of food and a turkey to needy families in our community.

We have a big goal: Provide 140 boxes of food for families in need at *Suburban Park, Granby Elementary Schools, and Union Mission Ministries.*

We are asking that individuals and families fill one or more boxes with the food items on the list on the back of this page. Each box provides a week's worth of meals to families in need.

Your filled boxes can be dropped off at the church beginning Sunday, November 5 and no later than November 19th.

## Food List for Family Box

Instructions: Fill each box with the following items. Please pack boxes so canned items are on the bottom, then place boxed/bagged items on the top. Pack items so they fit inside of the box and the box is not bulging (so they will stack well). THANK YOU!

4 cans soup, any kind (10.5 oz.)  
1 can stew, any kind (15 oz.)  
4 cans corn (14.5 oz.)  
4 cans green beans (14.5 oz.)  
2 cans greens or other vegetables (8.5 oz.)  
2 cans baked beans (16 oz.)  
1 box of instant mashed potatoes  
1 can yams (40 oz.)  
1 can cranberry sauce (14 oz.)  
1 can gravy (12 oz.)  
2 cans fruit, any kind (15 oz.)  
2 cans meat (tuna, chicken, Vienna sausage, spam)  
2 cans tomatoes (14.5 oz.)  
1 dessert (cake mix & frosting or pie crust & pie filling or brownie mix)

1 breakfast item (cereal or pancake mix, or oatmeal or grits)  
2 cans pasta (Ravioli, Beef-a-Roni, Spaghetti & Meatballs) (15 oz.)  
1 rice/pasta meal (Rice-a-Roni, Hamburger Helper, etc.)  
1 can spaghetti sauce (24 oz.)  
1 pkg. spaghetti noodles  
2 boxes macaroni & cheese (7.25 oz.)  
4 pkgs. Ramen noodles  
1 box or bag rice (14 oz.)  
1 box or bag stuffing mix (16 oz.)  
1 box muffin or bread mix (corn muffins blueberry muffins, etc.)

\*If you have extra room, feel free to add miscellaneous items like peanut butter & jelly, juice, crackers, cookies, hot chocolate, etc.)