



Suggested List of Food for Holiday Giving

Approximate cost: Singles/Small size (1-4 people) is \$25-\$50; Medium size (5-6 people) is \$50-\$65; Large size (7+ people) is \$65+.

Meat - turkey*, ham, or chicken

Potatoes, (fresh, boxed, or canned,) rice or pasta

Vegetables - fresh, canned, or frozen

(Preferred fresh produce includes: potatoes, onions, squash, broccoli, celery, carrots, garlic, pepper, zucchini, green beans, collards, turnip greens).

Fruit – fresh or canned

Bread/Rolls

Butter/Margarine

Dessert - frozen, cake mix, pie mix and filling, or whipped topping

Gravy, stuffing, cranberry sauce, pickles or olives



Additional suggestions that you might want to include:

Beverage - juice, coffee, tea, milk

Salad fixings and dressing

Soup

Dry Milk

Eggs

Peanut Butter

Pasta products

Jello and Pudding

Sugar

Cereal

Personal Care Items - soap, shampoo, toilet paper, toothpaste, laundry detergent, dish soap, etc.

* Some families may not have the appropriate cooking facilities to prepare a turkey. Singles and/or elderly may not be able to use a whole turkey. Chicken, ham, turkey breasts, or turkey rolls may be more viable options. Ask the family for their preference. Please do not include any homemade items.

Reminder: If your congregation or agency is registered with Feeding America West Michigan Food Bank, food items can be obtained for 16¢ per pound. Call 784-3250 for more information.