

Plainwell Volunteer Christmas Project Adopt-a-Family Grocery List

Shop in
this order



1 Staples

2 Nice to
Haves

3 Extra
Extras

Pantry

- Canned fruits and veggies
- Flour
- Sugar/Brown sugar
- Cooking oil
- Canned soups, stews, or broth
- Peanut butter & jelly
- Oatmeal & cereal
- Bisquick or other baking mix
- Pasta & spaghetti sauce
- White or brown rice
- Mac & cheese
- Canned chicken or tuna
- Fruit juice
- Salt & pepper
- Dried beans/lentils

- Canned tomatoes
- Crackers
- Coffee, tea or hot chocolate
- Juice boxes
- Condiments (ketchup, mustard, mayo, BBQ sauce)
- Pancake syrup
- Salad dressing
- Nuts
- Tortillas
- Applesauce

- Baking soda/powder
- Chocolate chips
- Cake mix & frosting
- Brownie mix
- Vanilla
- Salsa
- Additional spices
- Breadcrumbs
- Stuffing mix
- Soy sauce
- Pickles
- Granola bars
- Fruit snacks
- Microwave popcorn

Fresh & Frozen

- Milk
- Bread
- Butter or margarine
- Eggs
- Fresh fruit
- Fresh vegetables
- Potatoes and onions

- Meat (chicken, ground beef, ham)
- Cheese (sliced, shredded, string)
- Yogurt
- Orange juice

- Deli meat
- Frozen waffles
- Frozen pizza

House & Hygiene

- Dish soap and sponges
- Laundry detergent
- Garbage bags
- Paper towels & toilet paper
- Hand soap & body wash
- Toothbrushes & toothpaste
- Shampoo & conditioner
- Diapers & wipes

- Deodorant
- Feminine hygiene
- Kleenex
- Household cleansers (Windex, 409, etc)
- Napkins
- Plastic wrap, foil & food storage bags
- First aid supplies

- Paper plates
- Plastic utensils
- Batteries (especially AA)

**LABEL EVERY BAG AND BOX WITH THE FAMILY NUMBER.
PACKAGE AND LABEL COLD ITEMS SEPARATELY.**

Plainwell Volunteer Christmas Project

Adopt-a-Family Grocery Tips

Getting Started

Start with the **Staples** in column 1. Then add **Nice to Haves**, followed by **Extra Extras** if you'd like to do more.

1 *Staples* 2 *Nice to Haves* 3 *Extra Extras*

Check provided info for food allergies



Plan to spend \$40-50
per person
in your adopted family

Label Everything

Label all boxes/bags with your family number.

Bag and label
frozen and refrigerated items
separately
so we can keep
them at a safe
temperature.



Quantities

Use the family size as your guide and **adjust quantities as needed.**

Please provide enough to help the family get **through the holidays and into the new year**, while keeping their available storage and freezer space in mind.

Gift Cards

If you provide a gift card for groceries, it should be **\$40-50 per person.**

Put gift cards in an envelope labeled with your family number. **Hand it directly to a volunteer** at drop off.



Pack It Up

Package grocery items in something sturdy. Laundry baskets or totes work especially well.

Using bags? **Reusable grocery bags** will hold up better than paper or plastic.

Drop Off

Bring your labeled items to PHS on the afternoon of **Friday, December 18.**