

Plainwell Volunteer Christmas Project Adopt-a-Family Grocery List

Not sure where to start with food or household supplies for your recipient family? We'd suggest you first provide the "staples" in the first column, and then, if you'd like to do more, add things from the second "nice to haves" column. And if you want to do even more after that, add things from the third "extra extras" column.

1 Staples

2 Nice to Haves

3 Extra Extras

LABEL EVERYTHING WITH YOUR FAMILY NUMBER.

For frozen or refrigerated items, please bag them separately so we can keep them at a safe temperature. Food poisoning at Christmas is not what we're going for.

Please consider the size of the family you've adopted and adjust quantities as appropriate. Think about quantities that will allow your family to make it worry-free into the new year. Families will rely on this food for breakfast, lunch, dinner, and snacks. At the same time, also consider storage space, especially freezer space.

For fresh and frozen items, we do have refrigerator/freezer space but you can choose to provide a grocery gift card instead of purchasing the items yourself.

\ If you decide to do this, please make sure it's in an envelope labeled with your family number. Hand it directly to a volunteer at drop off. We want to make sure it doesn't get lost in the shuffle!



Plainwell Volunteer Christmas Project Adopt-a-Family Grocery List

1 Staples

2 Nice to Haves

3 Extra Extras

Pantry

- Flour
- Sugar/Brown sugar
- Salt & Pepper
- Cooking oil
- Peanut Butter & jelly
- Oatmeal & cereal
- Bisquick or other baking mix
- Pasta & spaghetti sauce
- Rice (instant or "regular")
- Mac & cheese
- Canned fruits and veggies
- Crackers
- Condiments (ketchup, mustard, mayo)
- Fruit juice
- Soup or broth
- Canned chicken or tuna

- Coffee or tea
- Hot chocolate
- Juice boxes
- Salad dressing
- Dried beans/lentils
- Nuts
- Tortillas

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

Perimeter

- Milk
- Bread
- Butter or margarine
- Eggs
- Fresh fruit
- Fresh vegetables

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

- Deli meat
- Frozen waffles
- Frozen pizza

House & Hygiene

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

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

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

ALL BAGS OF GROCERIES SHOULD BE CLEARLY LABELED WITH THE FAMILY ID NUMBER. BAG COLD ITEMS SEPARATELY SO WE CAN KEEP THEM AT A SAFE TEMPERATURE.