



MONROE COUNTY UNITED MINISTRIES
827 W. 14TH COURT
BLOOMINGTON, IN 47404

812-339-3429
812-339-2919 (FAX)
KBROADFOOT@MCUM.ORG
WWW.MCUM.ORG

**Please bring
your food
baskets to
MCUM by
December 4
at 4 pm.**

Food Basket Guidelines & Shopping List

Double-bag your groceries

A food basket will need 5-6 double-bagged paper or cloth sacks. Please double-bag your paper sacks or they are likely to rip!

Identify your food basket bags

Mark your food basket bags distinctly from others by stapling a bright piece of wrapping paper or attaching a ribbon to each bag in your set.

Check off each item below as you add it to your basket

Staple the list to one of your sacks. We will remove the list before the baskets are distributed. Helpful hint: please distribute heavy cans evenly among all bags in your set so that bags are about the same weight.

Feeling generous?

You may add additional non-perishable items to your food baskets if you wish.

- | | |
|---|--|
| ___ 1 (40 oz.) can beef stew | ___ 1 bag of dry beans |
| ___ 4 (6 oz.) cans of tuna | ___ 2 cans of pumpkin |
| ___ 1 large box of cereal | ___ 1 bottle of syrup |
| ___ 1 box of saltine crackers | ___ 1 package of granola bars |
| ___ 1 box of snack crackers | ___ 1 (5 lb.) bag of flour |
| ___ 1 jar of jelly | ___ 1 (5 lb.) bag of sugar |
| ___ 10 cans of soup (2 cans of 5 kinds) | ___ 1 bar of soap |
| ___ 1 can chicken broth | ___ 1 package of Laundry soap /or
dish soap |
| ___ 1 large box of bread mix | ___ 2 rolls of toilet paper |
| ___ 1 medium box of pancake mix | ___ 1 container of shampoo |
| ___ 1 jar of peanut butter | ___ coffee/tea/cocoa |
| ___ 1 package dry egg noodles | ___ 2 dessert items |
| ___ 1 (26 oz.) jar pasta sauce | ___ additional dessert items |
| ___ 1 bag of rice | |
| ___ 1 box of stuffing or potatoes | |
| ___ 2 boxes of macaroni & cheese | |
| ___ salad dressing | |
| ___ 1 box of gravy mix | |
| ___ 1 box of cooking oil | |
| ___ 2 quarts (64 oz.) of fruit juice | |
| ___ 9 cans of vegetables | |
| ___ 9 cans of fruit | |

Optional*:

- ___ 1 (10-12 lb.) turkey
- ___ 1 (5 lb.) ham

*Please bag the turkey or ham separately. MCUM will keep them frozen until the baskets are handed out.