

HUNGER HURTS Food Drive Checklist

Gather your friends and family to pack boxes containing the following items. These boxes will be distributed to marginalized women and children in two waves – the first at the end of June and then again at the end of July. *For those packing ready to deliver boxes, our office will provide the boxes you need. Please just call the office at 313-551-3994 and arrange to pick them up.*

COMPLETED BOXES SHOULD CONTAIN:

**Packed in
Small Box**

- _____ 1 5lb bag of sugar
- _____ 1 5lb bag of flour
- _____ 1 bottle of vegetable oil - (approximately 24 oz)
- _____ 2 cans tomato sauce (8 to 16 oz)
- _____ 2 cans tuna (5 oz. packed in water)
- _____ 2 cans fruit (low-sugar or natural)
- _____ 2 cans mixed vegetables (carrots/peas/green beans/corn)
- _____ 1 jar of smooth peanut butter
- _____ 1 jar of grape jelly
- _____ 1 box Saltine crackers
- _____ 2 cans tomato/vegetarian vegetable soup (no meat or chicken)
- _____ 1 box vegetable bouillon cubes

**Packed in
Large Box**

- _____ 1 bottle of honey (8 oz.)
- _____ 1 salt
- _____ 1 pepper
- _____ 1 box spaghetti
- _____ 2 boxes of cereal (low-sugar like Cheerios, Raisin Bran, Corn Flakes, etc)
- _____ 1 box of baking mix (Bisquick approx. 40 oz. or less)
- _____ 1 box cookies
- _____ 1 box of nutrition bars
- _____ 1 box hot chocolate mix (no marshmallows)
- _____ 1 box oatmeal (approx. 42 oz. or less)
- _____ 1 box instant non-fat dry milk (26.5 oz or less)
- _____ 1 box instant potatoes (approx. 13 oz.)

ADDITIONAL INDIVIDUAL ITEMS NOT PACKED IN BOXES:

- _____ 1 bag vermicelli noodles
- _____ 1 bottle olive oil
- _____ 1 5 lb cracked wheat (Bulghur - medium grain)
- _____ 1 5lb bag of rice (Basmati preferred)
- _____ 1 bag yellow lentils (1 lb packages)
- _____ 1 bag brown lentils (1 lb packages)
- _____ 1 package of loose tea
- _____ 4 boxes Mac/Cheese
- _____ 1 box pasta (not spaghetti)
- _____ 1 42oz. box of Minute Rice
- _____ 1 1 lb. bag kidney beans (dried)
- _____ 1 1 lb. bag white/navy beans
- _____ 1 package of coffee (instant or small can of regular)

- Make sure all products are halal and without any animal fat.
- Make sure the items are within their expiration date.
- Please note the earliest date of expiration of the items in the box by writing that date on the outside of the box.
- **Please no glass containers - plastic and paper only.**