



Miracle of Christmas Food List 2022

Thank you for providing food for a family this Christmas! Below is a list of foods that should be included in a food box. Please keep in mind the following “Dos and Don’ts” when purchasing items:

Do



- make sure all items are **shelf-stable** or **nonperishable**
- include items that would be considered part of a **Christmas dinner**
- look for **healthy items** (low sodium, low sugar, fruit packed in juice not syrup)

Don't



- include **expired** or **damaged** cans
- purchase **bulk sizes** – they won't fit in small boxes (Each food box is 12 ½” W x 15 ½” L x 10” H.)
- include **homemade items** – we cannot give them to families
- add **snack foods** or **candy**

Christmas Food Basket

2 days food for a family of 1-3 people (1 food box)

- 3 green vegetables
- 2 other vegetables
- 3 soups (any kind – those with meat are best)
- 2 canned protein (chicken, tuna)
- 2 ravioli, SpaghettiOs, stew or chili with meat
- 1 each peanut butter and jelly
- 1 gravy (a packet of mix is fine)
- 1 each pasta and sauce
- 2 fruit
- 1 can sweet potatoes
- 1 cranberry sauce
- 1 box potato (any kind)
- 1 box stuffing mix (Stove Top or any brand)
- 1 rice (box or bag)
- 2 macaroni and cheese boxes
- 1 breakfast food (cereal, oatmeal, or pancake mix with syrup)
- 1 dessert (brownie mix, pie crust and filling, cake mix and frosting – not candy)



For larger families, please use the above guideline to fill multiple boxes:

- 1-3 people: 1 box
- 4-6 people: 2 boxes
- 7+ people: 3 boxes

Food donations should be brought to LMS headquarters by Friday, December 2, 2021.