



# Give a Christmas Meal Box

Christmas can be a season of great joy as we celebrate the birth of the Christ with our those we love. But Christmas can also be a time of sorrow for those who don't have extra money to buy presents or a nice Christmas meal. Holiday meal boxes are needed for families at risk of homelessness, kinship foster homes and our teens transitioning from foster care. Come help the families and teens served by Wellroot by blessing them with a Christmas meal box. Along with food, you are giving teens and families the opportunity to build cooking skills and relationships.



**You can sponsor a Christmas meal box by providing the following:**

- 1 box Stovetop stuffing
- 1 small container of vegetable oil
- 4 packages macaroni & cheese
- 2 cans green beans
- 1 can cream of mushroom soup
- 1 package fried onions
- 3 cans sliced carrots
- 1 small bag of sugar
- 1 box of cereal such as rice krispies, cornflakes, chex mix, or cinnamon cereal
- 1 can cranberry sauce
- 1 package of rolls
- 1 salt
- 1 pepper
- 1 garlic powder
- 1 box egg noodles
- 2 cans Veg-all or mixed vegetables
- 1 container of salsa
- \$20 gift card to Kroger or Publix for turkey or perishable items

If you are not able to sponsor an entire box, please consider donating \$20 gift cards to Publix or Kroger to help families purchase the additional perishable ingredients needed for this meal.

To sign-up to provide Christmas Meal Box(es), please contact a Community Cultivator at [cultivate@wellroot.org](mailto:cultivate@wellroot.org). Meal box drop offs can be scheduled for or Wednesday, December 15<sup>th</sup> or Thursday, December 16<sup>th</sup>.