

# Give a Thanksgiving Meal Box

Thanksgiving is a time for family togetherness, but it can also be a time of financial stress for those who are food insecure. A holiday meal box is needed for residents in Wellroot programs and for families in crisis. Help the families and teens served by Wellroot by blessing them with a Thanksgiving meal box. Along with food, you are giving families the opportunity to build cooking skills and relationships.



**You can sponsor a Thanksgiving 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 Thanksgiving Meal Box(es), please contact a Community Cultivator at [cultivate@wellroot.org](mailto:cultivate@wellroot.org). Meal box drop offs can be scheduled for Friday, November 19<sup>th</sup> or Monday November 22<sup>nd</sup>.