



FILL THE TENT — MEAL IN A BAG

Making Christ Known to those in our community



1. Select a meal from the list. Circle the meal number so we know what is in the bag
2. Indicate here how many people it will feed: _____
3. Place food items in large PAPER grocery bag (all non-perishable items, please!)
4. Fold over top of paper bag two times; staple bag closed.
5. Securely attach this list to the bag
6. Drop this bag off at Christ Lutheran during the month of July 2009. We will take "Meal in a Bag" contributions to the Belvidere/Boone County Food Pantry during the month of July.

Meal 1:
Canned chunk chicken
Noodles & Sauce mix
Canned vegetable
Ready-made pudding
Juice or milk***

Meal 2:
Macaroni & Cheese
Green Beans
Jell-O
Juice or milk***

Meal 3:
Peanut Butter & Jelly **or**
Canned sandwich spread
Crackers
Ready-made pudding
Juice or milk***

Meal 4:
Spaghetti
Spaghetti Sauce
Stir & Bake Cake **or**
other dessert
Canned vegetable
Juice or milk***

Meal 5:
Canned Soup w/Meat
Mixed canned fruit
Crackers
Jell-O
Juice or milk***

Meal 6:
Beef Stew
Biscuit mix
Applesauce
Juice or milk***

Meal 7:
Tuna Helper
Tuna (can or pouch)
Canned vegetable
Canned fruit
Juice or milk***

Meal 8 (your healthy choice):

Juice or milk***

*****100% juice or canned/boxed milk, please!**



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