



Adopt-A-Family Food Donation Suggestions

Providing food for low-income families over the holidays is an essential part of helping to stabilize that family. HACAP understands that every donor's budget is different, and some may be able to purchase more food than others. It is for this reason that we are not requiring our donors to purchase a set amount of food for their adopted family/families.

Family Meal Donation Suggestions

- ✓ Gallon of Milk
- ✓ Boxed Stuffing
- ✓ Canned Green Beans
- ✓ Canned Corn
- ✓ Boxed Mashed Potatoes
- ✓ Loaf of Bread or Dinner Rolls
- ✓ Canned Tuna or Chicken
- ✓ Canned Soup
- ✓ Frozen Pizzas
- ✓ Peanut Butter & Jelly
- ✓ Boxes of Cereal
- ✓ Fruit Snacks
- ✓ Boxed Mac & Cheese
- ✓ Canned Beans

