

# FIRST STEP BACK HOME

## SURVIVAL FOOD BOX SIGN UP LIST

A two day supply of essentials for the homeless who are in temporary shelter (motel). Sending "too much" will result in waste if they need to move elsewhere and don't have their own transportation. Only send non-perishables that can be packed into box with a lid. Notes of encouragement or scripture are fine.

- \_\_\_\_\_ 1 Small box powdered milk
- \_\_\_\_\_ 20 Sugar/sweetener packets
- \_\_\_\_\_ 1 Pkg. of Breakfast Bars
- \_\_\_\_\_ 1 Box dry cereal
- \_\_\_\_\_ 6 Tea Bags/ Coffee Bags
- \_\_\_\_\_ 4 Cocoa Packets
- \_\_\_\_\_ 1 Small Jar Peanut Butter
- \_\_\_\_\_ 1 Small Jar Jelly or Honey (not glass)
- \_\_\_\_\_ 1 Sleeve Saltine Crackers
- \_\_\_\_\_ 2 Cans tuna or canned ham
- \_\_\_\_\_ 2 Cans Stew, Ham 'n Beans, etc.
- \_\_\_\_\_ 2 Cans Vegetables
- \_\_\_\_\_ 2 Cans Fruit
- \_\_\_\_\_ 4 Ind. pkg of cookies, brownies, cakes etc.
- \_\_\_\_\_ 6 pack soda or 1 liter bottle soda/juice
- \_\_\_\_\_ Hand held can opener (very important!)
- \_\_\_\_\_ Paper goods for 2 days- microwavable items
- \_\_\_\_\_ Few zip lock storage bags, quart sized
- \_\_\_\_\_ Notepads w/ pens or pencils
- \_\_\_\_\_ Optional - phone card for up to 60 minutes