



## 2014 Adopt-A-Family **Holiday Meal Box Instructions**

Thank you for donating Holiday Meal Boxes for SELF's Adopt-A-Family Program! Your generosity will provide a special dinner for each of our participating families. Clients receive the meal boxes for both Thanksgiving and Christmas, along with a \$20 grocery gift card to purchase the main entrée. *Each meal box is packed for a family of four; larger families receive two boxes for each holiday.*

### **Shopping List per meal box:**

- 1 disposable roasting pan (sized for large turkey or ham)
- 2 packages instant mashed potatoes
- 2 boxes stuffing mix
- 2 jars turkey or chicken gravy
- 2 boxes macaroni & cheese (deluxe cheese sauce preferred)
- 2 boxes biscuit or corn bread mix ("just add milk or water" varieties)
- 2 cans green beans
- 2 cans corn
- 1 large can (or 2 small cans) sweet potatoes or yams
- 1 can cranberry sauce
- 1 boxed dessert mix (shelf stable: cookie mix, pumpkin bread mix, bars, etc.)
- 1 boxed cake mix
- 1 can frosting
- 1 \$20 Kroger or Aldi gift card\***

**Any questions?**  
**Contact Jane Bretl at**  
**513-820-5017 or**  
[\*\*jbretl@selfhelps.org\*\*](mailto:jbretl@selfhelps.org)

**Thank you for**  
**helping SELF spread**  
**holiday cheer!**

### **Meal Box Instructions:**

- ✓ Pack all of the grocery items into a large, sturdy box and label "AAF Meal".  
*Note: If the roasting pan does not fit in the box, just bring that separately.*
- ✓ **\*Please keep the \$20 grocery gift card in a separate envelope, not packed inside the meal box.** We will collect the grocery gift cards separately when you drop off the boxes to SELF's office.
- ✓ **Please deliver meal boxes to SELF at 1790 S. Erie Hwy., Ste. A-C, Hamilton, OH 45011**  
Meal boxes for **Thanksgiving: deliver by Friday, November 14.**  
Meal boxes for **Christmas: deliver by Monday, December 8.**

**Are you packing boxes for both holidays? Feel free to bring them all in by the Thanksgiving deadline – before the holiday rush!**

**Thank you for your generosity!**