



With your support, our Tab Church family will share the love of Christ to members of our community by providing food during the holiday season. ***Tab On the Go Food Drive*** provides a box of food to feed a family for 3-4 days and a gift card to a local food store. Our goal is to serve families at Suburban Park Elementary, Granby Elementary, Tab Church, and Global Friendship Ventures internationals. We ask you to fill one or more boxes with the items on the list provided. **Your filled box needs to be dropped off at Tab by Sunday, November 16** so we can prepare for final distribution on Thursday, November 16.

Instructions: Fill your box with the following items. Please pack boxes so canned items are on the bottom, then place boxed/bagged items on top. **Pack so everything fits inside the box and can be taped shut** (so they will stack easily). THANK YOU! (FYI: total average cost of items between \$40-50).

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| 2 cans meat (tuna, corned beef, etc.) | 1 dessert (cake mix, brownie, cookie) |
| 1 can chicken broth | 3 cans soup or stew |
| 1 jar peanut butter | 2 cans corn |
| 1 jar jelly | 2 cans green beans |
| 1 bag dried beans or rice | 2 cans other vegetables |
| 1 box/can potatoes or yams | 1 can beans (black, pinto, chili, etc.) |
| 1 can/pkg gravy | 1 can/jar spaghetti sauce |
| 1 can tomatoes (sauce, diced, etc.) | 2 boxes macaroni & cheese |
| 1 package plain pasta | 1 rice/pasta meal (Rice-a-Roni, Zatarans, etc.) |
| 1 muffin or bread mix | 1 breakfast item (cereal, pancake mix, oatmeal) |
| 1 bag/box stuffing mix | 2 pkgs Ramen Noodles |

*If you have extra room, feel free to add miscellaneous items like juice, crackers, cookies, hot chocolate, Pop Tarts, or whatever you feel would be special.