



# Merry Meals 2023

formerly "Christmas Baskets"



**Thank you for helping us serve our community and continue a great Redeemer tradition of generosity! We are grateful for your part in helping us provide a welcome meal for a family in need this Christmas.**

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Please fill one or more bags with all the items from the shopping list below. The sizes here are suggested, but please make sure that the bags are not overfilled. Heavy bags are difficult for volunteers to lift. Please also use crush-proof containers as bags are stacked for transport and delivery.

You are welcome to include additional nonperishable items. We will provide fresh food, including turkey breast or canned ham, lettuce, and fruit, in a second bag just before delivery.

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Return your filled bags as soon as possible. ***All bags must be returned to the Church or Parish House no later than Tuesday, December 19th.*** Each bag represents one family counting on us this holiday, so please return any bags that you take no later than December 19th.

Delivery to local families is scheduled for Thursday morning December 21st. We welcome as many volunteers as possible to join us that morning from 8am until about 10am. Please contact the Parish Administrator, **Joshua Castano** at [jcastano@theredeemer.org](mailto:jcastano@theredeemer.org) to let us know if you can help us for an hour or more on the 21st. Volunteers are greatly appreciated!

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## Suggested Shopping List

Each bag is intended for 4-6 people. Please purchase canned, plastic, or other non-breakable containers.

- 2 cans of yams (or sweet potatoes,) 15 or 16oz.
- 2 cans of green beans or peas, 14.5oz.
- 1 can of cranberry sauce, 14oz.
- 1 bottle of salad dressing, 16oz.
- 1 bag of stuffing or cornbread mix, 6oz.
- 1 can evaporated milk, 14oz.
- 1 box mashed potatoes, 4.7oz.
- 1 box of pasta, 1lb.
- 1 can of pasta sauce, 12oz. or 24oz.
- 1 box of Jiffy muffin mix, 8.5oz.
- 1 dried or canned soup, 14.1oz. or 26oz.
- 1 dried or canned gravy, 10.5oz.
- 1 tin of cookies, 12 oz.

Questions? Or want to volunteer to help distribute?  
Contact Joshua Castano at [jcastano@theredeemer.org](mailto:jcastano@theredeemer.org)

