



# *Hearts United Community Day* **Meal Kit Shopping List**

Each meal kit feeds a family of four for one week.

Vegetable Oil 48 oz.

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Cornmeal 24 oz.

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Parboiled Rice 5 lb.

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Elbow Pasta One 16 oz. bag

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Canned Tuna Four 5 oz. cans

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Canned Red Beans Four 15.5 oz. cans

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Canned Mixed Vegetables Two 14-15.5 oz. cans

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Canned Peaches Two 14-15 oz. cans

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**Donations may be dropped off at the FFTP warehouse between 9 a.m. and 4 p.m. weekdays through DECEMBER 2, or during the Volunteer Packing Sessions on Saturday, DECEMBER 3, between 9 a.m. and 12:30 p.m.**

**FFTP** FOOD FOR  
THE POOR  
United in God's Work

6401 Lyons Road, Coconut Creek, FL 33073