

Can you help provide three easy-to-prepare meals for someone in need? Just imagine what it would be like to receive a grocery bag filled with the necessary food items along with a cookbook of other easy and nutritional meals to prepare for one's family. It's simple, easy and quick to put together. We call it **3 Meals-in-a-Bag**.

Select two to three items from the breakfast category and two lunch/dinner menus. Then purchase the food items at your nearest grocery store. Purchase the store's environmental grocery bag to place items in and bring to the CLC office.



**Bonus item:** Place a \$10 food gift card in the bag for the family to purchase fresh vegetables or dairy products.

**Breakfast** (select 2-3 items)

Assortment of dry cereals, granola bars, protein bars, shelf stable milk, peanut butter, complete pancake mix (*just add water*), and syrup.

**Lunch/Dinner** (select 2 menu items)

Place an **X** in the box to denote which food menus you have purchased and staple this flyer to the outside of the grocery bag. Purchase low sodium when available.

- Menu 1:** Canned ham, instant potatoes, green beans, carrots, fruit
- Menu 2:** Canned roast beef with gravy, noodles, spinach, fruit
- Menu 3:** Pasta, spaghetti sauce, corn (*optional*), fruit
- Menu 4:** Spam, canned pinto beans/Ranch beans, corn, fruit
- Menu 5:** Chili, pasta or rice, fruit
- Menu 6:** Chicken and rice (*canned chicken, chicken rice mix, mushroom soup*), green beans, carrots, fruit
- Menu 7:** Veggie soup (*canned veggies & beans, tomato juice, pasta or rice, soup seasoning*), crackers, fruit
- Menu 8:** Tuna casserole (*canned tuna, noodles, cream of mushroom soup, evaporated milk*), English/green peas, carrots, fruit

Community Lifeline Center exists because a community stands tallest when it kneels to offer a helping hand.