



“Looking Out “ Food Bag Project

The federal government shut down has affected many in St. Clair County, especially our military families. Local agencies have partnered to put together emergency food bags to cover the basic needs of these families by **“Looking out for those who look out for us!”**

Below is a shopping list to feed a family of 4 for a few days. Each bag will cost between \$40-50. You may purchase all or some of the items on the list, or donate online at midcitynutrition.org and we will do the shopping for you! All goods may be dropped off at St. Martin Lutheran/Mid City Nutrition Program at 805 Chestnut, (at 8th and Chestnut) between 9 am and 5 pm., Mon.- through Fri., and we will get it to those in need. Thank you for “looking out!”.

- ◆ A box of cereal
- ◆ A jar of peanut butter
- ◆ A box/bag of stuffing mix
- ◆ Box of mashed potatoes
- ◆ Box of macaroni & cheese
- ◆ Canned fruit
- ◆ Canned tomatoes
- ◆ Can of tuna
- ◆ Box of Jell-O or pudding
- ◆ Jar of apple sauce
- ◆ Package of rice
- ◆ Package of oatmeal
- ◆ Box or bag of pasta
- ◆ Jar of spaghetti sauce
- ◆ Can of chicken noodle soup
- ◆ Can of tomato soup
- ◆ Can of mixed vegetables
- ◆ Can of green beans
- ◆ Can of corn
- ◆ Canned sweet potatoes
- ◆ Can of cranberry sauce
- ◆ Can of beans
- ◆ Box of crackers
- ◆ Toilet Paper

**Please no out-of-date or expired items!
Thank you!



Questions? Md City Nutrition 810-982-9261

