

In your CAP meal bag please include the following:

- 4 boxes of Mac N Cheese
- 2 x 29oz cans of fruit
- 4 x 15oz cans of vegetables
- 1 x 15oz box of instant mashed potatoes
- 2 x 6oz boxes of stuffing
- 2 x 5oz boxes of pudding
- 1 x 18oz jar of gravy
- \$15 to help offset the cost of the meat
- Anything you would like to add to your bag to personalize it (ie. candy, napkins or a book)
- Please return your filled CAP bag(s) to the church kitchen by Sunday, November 17<sup>th</sup>.

*Thank you for your generosity and willingness to help give a family the gift of a Thanksgiving meal!*