

United Way of Greater Nashville  
2022 Day of Action  
Give Thanks Items



All Give Thanks boxes **MUST** be packed with the following required items using the below container specifications so that each family receives the same amount of food. We ask that participants do not add anything to the box that is not on the list. Additionally, please check the expiration date on all food items. We are not able to distribute food that has expired. Please place gift card in plain envelope and tape to the inside of the container's lid.

### Required Items

- \$25 gift card to Kroger, Walmart or Publix (for turkey/ham and other perishable items)
- 2 cans of green beans
- 1 box/bag of stuffing mix
- 1 packet of gravy
- 1 box of instant potatoes
- 1 box of corn bread mix
- 1 brownie mix OR 1 cake mix with can of frosting
- 1 box of breakfast bars or granola bars
- 1 pack of dry pasta
- 1 plastic jar of pasta sauce
- 2 boxes of macaroni and cheese
- 1 six-pack of individual applesauce/fruit cups
- 1 can of corn
- 2 cans of soup with protein
- 1 bag/box of snacks: rice cakes, Goldfish crackers or pretzels
- 2 cans of tuna and/or chicken

### Container Specifications

We ask that all items are packed in a bankers box (standard size: 15 x 12 x 20) with a lid and handles as people without access to personal transportation may need to carry their box.

