



**PRUMC**

## **Join Together to Feed the Hungry!**

### **There are *three* ways you can help:**

1. Write a check to BCM and put “**PRUMC Food Drive**” in the memo line.
2. Assemble what you can from this list and deliver to **PRUMC** by placing in the BCM **FOOD DRIVE** bins throughout the month of **October**.
3. Buy a **KROGER** gift card! BCM purchases groceries in bulk from Kroger each month, and your gift card will be put towards our next purchase of food – just like a check.

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### **BCM Grocery List to feed a Family of Four**

- instant oatmeal or grits - 1 box
- jelly - 1 small jar
- soup - 4 cans
- dried beans - 1 bag
- rice - 2 bags
- peanut butter - 2 small jars
- cornbread mix - 2 boxes
- macaroni & cheese - 4 boxes
- chicken broth – 2 cans
- spaghetti - 1 medium box
- spaghetti sauce - 2 jars
- canned vegetables - 4 cans
- canned beans - 3 cans
- canned tuna - 4 cans
- ramen noodles- 5 packages

**Please do not purchase “family size” packages.** Most BCM clients have to take their food on the bus, and large packages are too difficult to carry.