



## Peachtree Road United Methodist Church

**Join Together to Help Our Neighbors in Need!**

### Ways You Can Help:

1. Purchase or collect what you can from the grocery list and deliver to the bins in the Fellowship Hall or Reception area.
2. Write a check to PRUMC and put “BCM Food Drive” in the memo line. The items on the grocery list cost about \$40. Any amount will be appreciated.
3. Purchase or collect items from the hygiene list and deliver to the bins in the Fellowship Hall or Reception area.

### BCM Grocery List to Feed a Family of Four

- Canned vegetables—4 cans
- Canned beans—3 cans
- Spaghetti sauce—2 jars
- Spaghetti—1 medium box
- Chicken broth—2 cans
- Soup—4 cans
- Dried beans—1 bag
- Rice—2 bags
- Macaroni & cheese—4 boxes
- Cornbread mix—2 boxes
- Canned tuna—4 cans
- Peanut butter—2 small jars
- Jelly—1 small jar
- Instant oatmeal or grits—box of individual packets

### BCM Hygiene List

- Toilet paper
- Diapers
- Razors
- Feminine hygiene products
- Shampoo
- Soap
- Deodorant
- Tooth paste
- Tooth brushes
- Hotel size toiletries

◆ **Please don't purchase “family size” packages of food products. Most BCM clients have to take their food on the bus, and large packages are too difficult to carry.**

◆ **Please check the expiration date on all donations.**