

United Way of Greater Nashville
2020 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 can of yams
- 1 can cranberry sauce
- 1 box/bag of stuffing mix
- 1 can/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
- 2 boxes of low-sugar, whole-grain cereal (nut free)
- 1 pack of dry pasta
- 1 jar of pasta sauce
- 2 boxes of macaroni and cheese
- 1 jar of applesauce OR 1 six-pack of individual applesauce/fruit cups
- 1 can of corn
- 2 cans of chicken noodle soup or 4 packs of ramen noodles
- 1 bag/box of snacks: rice cakes, Goldfish crackers, pretzels, box of granola bars (nut-free)
- 2 cans of tuna and/or chicken

Container Specifications

We ask that all items are packed in a plastic container (rather than a cardboard box or bags) as people without access to personal transportation may need to carry their box. Handles are helpful for carrying, and plastic ensures items can stay dry in inclement weather conditions.

- Must be at least 64 quarts or 16 gallons
- Must be at least 13 inches in height
- Must have a lid and handles
- Recommended containers:
 - [Walmart](#)
 - [Home Depot](#)
 - [Target](#)
 - [Amazon](#) (Bulk)