

# "Full Tummies, Warm Hearts"

United Way of Williamson County  
 209 Gothic Court, Ste. 107  
 Franklin, TN 37067

Suggested Items and Quantities to Include in Plastic Containers

(Please be sure this information is included with EACH family bio distributed)

Food Items	Small Family (1-4 Members)	Medium Family (5-9 Members)	LARGE Family (10-15 Members)
Gift Card	\$30	\$50	\$75
Stuffing mix	1 box	2 boxes	3 boxes
Gravy	1 jar/can	2 jars/cans	3 jars/cans
Potatoes (Mashed, Au-Gratin, etc.)	1 box	2 boxes	3 boxes
Green beans	2 cans	4 cans	5-6 cans
Peas	2 cans	4 cans	5-6 cans
Beans	2 cans	4 cans	5 cans
Sweet Potatoes/Yams	2 cans	4 cans	5 cans
Corn	2 cans	4 cans	5 cans
Carrots	1 can	2 cans	3 cans
Cranberry Sauce	1 can	2 cans	3 cans
<b>Optional Items</b>			
Tuna/Chicken	2 cans	4 cans	5 cans
Rice	1 box	2 boxes	3 boxes
Pasta & Pasta Sauce	1 jar/can	2 jars/cans	3 jars/cans
Applesauce	1 small jar	1 medium jar	2 small
Soup (such as Progresso)	2 cans	4 cans	6 cans
Fruit	2 cans	4 cans	5 cans
Peanut Butter	1 jar	1 large jar	2 large jars
Jelly	1 jar	2 jars	2 jars
Brownies/Cake Mix	1 box	1 box	2 boxes
Breakfast Items (cereal, oatmeal, poptarts, etc)			

(PLEASE be sure this information is included with each family bio distributed)

**Optional Items:**

1. Books, stuffed animals, color books, crayons, etc., for children
2. Socks, big print books, lap blankets for elderly
3. Small games or movie passes for teens
4. Anything age appropriate for your family to 'liven' up the container
5. Snacks for later in the day
6. Thanksgiving/fall dish towels, pot holders, etc.  
(Because of allergies, please no cinnamon brooms)

**\*\*Container ideas for Senior Citizens\*\***

Gift Card from grocery with activation receipt (can be used for food AND/OR gas card for auto – some still drive)

Canned ham (3-4 lbs. or larger), Canned chicken and/or tuna

Snacks (peanut butter & crackers, cheese & crackers, popcorn, etc. – no chocolates)

Small canned juices (no grapefruit juice – can have a negative interaction with some medications)

Meals from the food aisles (not frozen) that can be heated in the microwave

Soups (something like Progresso)

Small individual pies/snack cakes (fruit, pecan, etc. – such as the Little Debbie fruit pies and individual pecan pies)

Crackers (box), Peanut butter (jar)

Cereal, Popcorn

Tissues, paper towels, toilet paper

Wash cloths, towels, soap, hand sanitizer, lotion

Cleaning supplies (not covered by food stamps)

Postage stamps (to mail bills)

Prepaid phone card

**REMEMBER:** After you have filled your container, be sure to attach family bio sheets to both inside and outside container. If you have more than one container per family, copy the sheets and label them “1 of 2”, “2 of 2”, etc.

**AGAIN:** Please keep containers small enough that they can be lifted by one female person.