



***"Senior Food-for-a-Week" 21-Meal Emergency Box Program
Food Box "B" Contents . . . April ~ May ~ June 2010***

Each 21-Meal Nonperishable, Nutritious Food Box Contains:

*Chicken Breast packed in Water = One 13 oz. Can
Light Chunk Tuna packed in Water = One 6 oz. Can
Beef Stew or Mild Chili with Meat = Canned Protein Entree = One 15 oz. Can
Hunts Spaghetti Sauce with Meat = One 26.5 oz. Can
Spaghetti = One 1 lb. Package
Mashed Potatoes = 13 oz. Box
Brown or White Rice = One 1 lb. Bag
Vegetables = Two 15 oz. Cans, Corn, Green Beans, Mixed, etc.
Beans = Two 15 oz. Cans, Pork 'n Beans, Baked, Refried, Ranch, etc.
Macaroni & Cheese = One 7.25 oz. Box
Top Ramen Noodles = Two Packages Note: Cup of Noodles does not fit in food box
Soup = Three 10.5 oz. Cans, Tomato, Chicken Noodle or Rice, Cream Soups, etc.
Note: Cup of Soups are too large and do not fit in this meal box.
Peanut Butter = 18 oz. Plastic Jar, Smooth Style Only
Crackers = One Small Box or 2 Sleeves of Saltines
Oatmeal = One 18 oz. Canister
Cookies = One Small Package or Small Box
Canned Fruit = Two 15 oz. Cans, Peaches, Pears, Apricots, Plums, Fruit Cocktail
JELLO = One Small Box
Microwave Popcorn = Two Packages*

Please . . . no expired food, no glass containers, no sizes larger than listed above, no perishable food items, no opened, dented or unlabeled items. All food must be in sealed cans, boxes or plastic packages. "Senior Food-for-a-Week" box size: 12" x 12" x 12"

For more information on initiating a FOOD DRIVE please visit or call . . .

Web Site: www.theangelsdepot.org (Food Page)

The Angel's Depot: (760) 599-7093

1495 Poinsettia Avenue, Suite 151, Vista, CA 92081

Office Hours: Monday ~ Friday 8:00 a.m. to 5:30 p.m.

Sadly, 50,000 seniors live in poverty in San Diego County.

The action YOU take is the difference YOU make in an older American's life.

Please do not let them suffer in their fragile senior years . . . it is not the American way.