



**"Senior Food-for-a-Week" 21-Meal Emergency Box Program**  
**2012 Food Box "A" List . . . January ~ February ~ March ~ April**  
**Food Drive List**

This **Senior Emergency Meal Box Program** was developed to meet the special nutritional needs of seniors who live with "food insecurity" and are at-risk for malnutrition. This food box was planned to help seniors survive until their next Social Security check arrives. Please do what you can to help . . . 50,000 senior citizens live in poverty in San Diego County.

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

**Each 21-Meal, Nonperishable, Nutritious Emergency Meal Box Contains:**

- (1) Chicken Breast, packed in water = 13 oz. Can
- (1) Light Chunk Tuna, packed in water = 6 oz. Can
- (1) Canned Entree (Beef Stew, Ravioli, Mild Chili with Meat, etc.) = 15 oz. Can
- (1) Hunts Spaghetti Sauce with Meat = 26.5 oz. Can
- (1) Dry Pasta, Spaghetti or other = 1 lb. Package
- (1) Mashed Potatoes, Instant = 13 oz. Box
- (1) Brown Rice = 1 lb. Bag
- (2) Vegetables, Canned (Corn, Green Beans, Mixed, etc.) = 15 oz.
- (2) Bean Entree (Pork 'n Beans, Baked, Refried, Ranch, etc.) = 15 oz. Cans
- (1) Macaroni & Cheese = 7.25 oz. Box
- (2) Top Ramen Noodles = Individual Packages Note: Cup of Noodles is too large for boxes!
- (3) Canned Soup (Tomato, Chicken Noodle or Rice, Cream Soups, etc.) = 10.5 oz. Cans  
Note: Cup of Soup is not accepted as it is too large to fit in meal boxes.
- (1) Peanut Butter (Smooth Style Only) = 18 oz. Plastic Jar,
- (1) Crackers = Small Box or 2 Sleeves of Saltines, Ritz, etc.
- (1) Oatmeal = 18 oz. Canister
- (1) Cookies = Small Package or Box
- (2) Canned Fruit (Peaches, Pears, Apricots, Plums, Fruit Cocktail, etc.) = 15 oz. Cans
- (1) JELLO, any flavor = Small Box
- (2) Microwave Popcorn = Individual Packages

All food items must be in sealed, unopened cans, boxes or plastic packages. We cannot accept glass containers or sizes larger than listed above; meal boxes are 12"x12"x12" square. We cannot accept expired, dented or unlabeled food items. We do not accept perishables.

**For more information on initiating a FOOD DRIVE please contact:**

**The Angel's Depot**

**Noah Donaldson, Community Relations Manager**

Email: [volunteer4us@theangelsdepot.org](mailto:volunteer4us@theangelsdepot.org) Office: (760) 599-7093

Located in the Vista Technology Center, 1497 Poinsettia Avenue, Suite 158, Vista, CA 92081

Office Hours: Monday ~ Friday 9:00 a.m. to 5:00 p.m.

Please visit our Website: [www.theangelsdepot.org](http://www.theangelsdepot.org) (Food Page)