



**Nashua Soup Kitchen
& Shelter, Inc.**



30 DAYS OF GIVING

Every day for 30 days, take an item from the list below and place it in a box. Each complete box donated will go directly to a family in need who comes to NSKS for food during the holiday season. Just keep this checklist handy to fill your holiday food box!

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| <input type="checkbox"/> Instant oatmeal | <input type="checkbox"/> Salt, pepper, cinnamon, garlic/onion powder. |
| <input type="checkbox"/> Peanut butter (any type) | <input type="checkbox"/> Canned fruit (pineapple and peaches) |
| <input type="checkbox"/> Pasta (any type) | <input type="checkbox"/> Miniature marshmallows |
| <input type="checkbox"/> Boxed macaroni & cheese | <input type="checkbox"/> Small bag of sugar |
| <input type="checkbox"/> Canned corn or mixed vegetables | <input type="checkbox"/> Small bag of flour |
| <input type="checkbox"/> Canned carrots, peas, or combo | <input type="checkbox"/> Small bag of light or dark brown sugar |
| <input type="checkbox"/> Canned tuna or chicken | <input type="checkbox"/> Hot chocolate mix |
| <input type="checkbox"/> Gravy (canned or envelope) | <input type="checkbox"/> Box of cereal |
| <input type="checkbox"/> Cranberry sauce | <input type="checkbox"/> Jelly or Jam (NO glass jars, please) |
| <input type="checkbox"/> Broth (bouillon, granulated or boxed) | <input type="checkbox"/> Shelf stable boxed milk |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Cooking Spray or small bottle of cooking oil |
| <input type="checkbox"/> Dried beans (black, red, or pinto) | <input type="checkbox"/> Cookies or Cake Mix or Brownie Mix |
| <input type="checkbox"/> Canned beans (black, red, or pinto) | <input type="checkbox"/> Can /Box of Soup (Tomato, Chicken Noodle) |
| <input type="checkbox"/> Box of instant potatoes | <input type="checkbox"/> Box of tissues or a package of holiday napkins |
| <input type="checkbox"/> Stuffing mix for a 14 lb. turkey | <input type="checkbox"/> \$10 grocery gift card for what we overlooked! |

Items received by **Friday, November 17** will go towards our Thanksgiving food boxes.

Items received by **Friday, December 16** will go towards our Holiday food boxes.

**RETURN TO:
2 Quincy Street
Nashua, NH**

<https://NSKS.org>