

# thanks FOR giving

## FAMILY TRADITIONS

Help us reach our goal of 1,000 boxes to support families in need.

Join us in supporting family traditions. Consider becoming a Smart Stuffer Packing Partner. This is a perfect way to get your colleagues, your neighborhood, your family or your civic group involved in something impactful this holiday season.

For more than 35 years, the Center for Family Resources has been providing families in Cobb County with food for Thanksgiving, but we believe that Thanks for Giving is more than a meal. It is an opportunity for families to create and continue family traditions, to gather with their loved ones and to give thanks in a way that is meaningful to them.

Help us provide more than a meal this Thanksgiving. Help us keep family traditions in the family and bring hope home for the holidays.



## “SMART STUFFER” PACKING PARTNER

- Sign up to be a Smart Stuffer Packing Partner at [www.thecfr.org/t4g/Smart-Stuffer](http://www.thecfr.org/t4g/Smart-Stuffer) and let us know the number of food boxes you will be filling.
- Follow the Smart Stuffer Checklist to gather and pre-pack food boxes for our families.
- Deliver your completed boxes anytime between Nov. 16-18:  
**IAM Local Lodge #709**  
**1032 South Marietta Parkway, SE Marietta, GA**
- For more information on additional drop-off locations, please see our [event page](#).

### PRESENTING SPONSORS



## SMART STUFFER LIST

Ready to get your colleagues, your neighborhood, your family or your civic group involved in something impactful this holiday season? **Below are the items to complete the food box.** Each box should cost approximately \$50-\$60, and contain the following items:

FOOD CATEGORIES	NUMBER OF ITEMS
<input type="checkbox"/> Beans	1 large bag
<input type="checkbox"/> Broth	1 box
<input type="checkbox"/> Canned Chicken/Tuna/Fish	3 cans
<input type="checkbox"/> Cereal	1 box
<input type="checkbox"/> Cranberry Sauce	1 can
<input type="checkbox"/> Dessert Mix, Pie Shell & Milk	1 each (entire dessert)
<input type="checkbox"/> Fruit	(2) 4-packs
<input type="checkbox"/> Green Vegetables	5 cans
<input type="checkbox"/> Jelly	1 plastic jar
<input type="checkbox"/> Kid Friendly Item (Ravioli)	1 can
<input type="checkbox"/> Oatmeal	1 box
<input type="checkbox"/> Pasta	2 boxes
<input type="checkbox"/> Pasta Sauce	2 plastic jars
<input type="checkbox"/> Peanut Butter	1 plastic jar
<input type="checkbox"/> Instant Mashed Potatoes	1 large box
<input type="checkbox"/> Rice	2 bags
<input type="checkbox"/> Soup	3 cans
<input type="checkbox"/> Stuffing Mix	2 boxes
<input type="checkbox"/> Tomatoes or Beets	2 cans
<input type="checkbox"/> Yellow Vegetables	5 cans
<b>TOTAL</b>	<b>40 ITEMS</b>

*\*No glass or perishable items. Please purchase boxes/bags when possible, to help with the weight of the cans.*



[theCFR.org/t4g](http://theCFR.org/t4g)

For more information, contact Emily Nguyen at [emilynguyen@thecfr.org](mailto:emilynguyen@thecfr.org) or visit [www.thecfr.org/t4g](http://www.thecfr.org/t4g)