



ADOPT-A-FAMILY 2023 OCT. 2 - NOV. 15

HELP YOUR NEIGHBORS PUT A HOLIDAY MEAL ON THEIR TABLES THIS SEASON.

ITEMS NEEDED FOR A FULL FAMILY THANKSGIVING MEAL MUST CONTAIN:

- 4 cans of Vegetables (Corn, Carrots, Mixed Vegetables, Green Beans, etc.)
- 4 cans of Fruit (Applesauce, Mixed Fruits, Pineapple, etc.)
- 1 box of Stuffing
- 1 box of Mashed Potato Mix
- 2 cans or packets of Gravy
- 1 can of Cranberry Sauce
- 1 can of Yams
- 1 box of Corn Muffin Mix
- 1 Dessert (Cake Mix and Frosting, Cookie Mix, etc.)
- 1 Frozen Turkey (optional)

Main Drop-off Location:

Long Island Cares, Inc. - Center for Community Engagement
75 Davids Drive | Hauppauge, NY 11788



Do's

- Turkeys must be **completely frozen**.
- Meals must be complete with items on this list.*
- Double bag meals or use a reusable bag.
- Visit www.licares.org for **additional drop-off locations**.
- Drop off your donations as early as possible to help us distribute to families quickly.
- Questions? Email us at fooddrive@licares.org or call **631.582.FOOD**.

* Students earn 1 hour of community service for each completed meal donated.



Don'ts

- No fruit cups.
- No perishable food items (ex: pre-made desserts, cookies, etc.).
- No partially or fully thawed turkeys.
- No pre-made pie crusts.
- No glass jars.



If you are donating as a group/organization, scan the QR code to register today!