

# THANK YOU

for choosing to meet a need in our community by blessing a family with a Big Box! The children and families who will receive these boxes are so excited and grateful for your support.

We have included a list of suggested food items for your box. These are only suggestions, so please feel free to use your imagination and have fun shopping!

Our goal is to fill the boxes with as many healthy, non-perishable items as possible, but some fun choices are also encouraged.

In order to provide a safe environment for the kids receiving these boxes, we cannot accept these things:

1. Bread or baked goods
2. Fresh or frozen produce or meat
3. Chips
4. GLASS - glass bottles and jars are potentially dangerous for kids in these homes, so please do not include them in your box!

**Please return your filled box to any drop-off location at Autumn Ridge by Sunday, May 12th.**

# WHAT TO FILL YOUR BOX WITH:

- Pancake mix (add water only) & syrup
- Instant oatmeal, cereal, & boxed milk
- Instant or canned soup (pop tops only OR include a can opener)
- Other quick, instant meals (mac 'n cheese cups, ravioli, protein shakes, ramen, etc.)
- Rice (smaller bags preferred)
- Instant potatoes or stovetop stuffing
- Canned fruits and veggies (pop tops only OR include a can opener)
- Snacks (dried fruit, granola bars, trail mix, raisins, or beef jerky)
- Juice or milk boxes
- Coffee or tea
- Veggie or Olive Oil (small, plastic bottles)
- Baking goods (spices, sugar, flour, salt/pepper, brownie or cake mix, frosting)
- Tuna & crackers
- Peanut butter & jelly (plastic jars only)
- Dishwashing detergent

**If you have any questions,  
please email us at  
[missions@autumnridge.church](mailto:missions@autumnridge.church)**

# TIPS & TRICKS

**Make it personal** — Each of these boxes represents a child, so we encourage you to think of ways you can personalize your shopping experience.

*Here are some ideas:*

- Choose a box that represents a school close to your neighborhood. Then, commit to praying for the kids and staff there whenever you pass by.
- Engage in conversations with your family and friends. Teach your kids what it means to love others like Jesus loves us by meeting this tangible need.
- When shopping, purchase items that you or your kids would enjoy.

**Practical Tips** - here are some practical ideas for how you can participate in Big Boxes:

- Consider ordering grocery pickup. Ordering online and doing a grocery pick-up option is a great way to save time and energy shopping. When looking for items online, keep the shopping list next to you so you ensure you're buying the right items.
- Leave those grocery items in your car until you can drop them off at ARC. If you need help bringing your filled box inside, someone can help you by getting your box on a rolling cart and rolling it inside.

**Please return your filled box to any drop-off location at Autumn Ridge by Sunday, May 12th.**

# BIG BOX FAQs

## **What does it mean to fill a box?**

A box is considered “full” when all items fit to the brim. If possible, we would rather some items overflow the top than a box being partially filled.

## **How much does someone typically spend to fill a box?**

This will vary depending on the store where you purchase groceries, but typically, a Big Box costs around \$100 to fill.

## **What should I do if I can't afford to fill a box on my own?**

Consider filling a Big Box with a friend, family member, or your small group! That way, you can experience this outreach opportunity together while splitting the cost of the box.

## **What should I do if I can't lift the box once it's full?**

Please drive to our Upper/Skybridge entrance (door 3) and walk inside the building. Someone will come out to your car with a cart to assist you.

## **Where do I drop off my box?**

We have multiple drop-off locations, all of which are located near one of our building entrances. We have drop-off signs in the main lobby, gym lobby, and inside our Upper/Skybridge entrance. Please drop your full box where the “Big Box Drop-off Location” sign is.

## **Can I donate items from my pantry?**

You can donate items from your home as long as they follow the Big Boxes guidelines and are not expired.

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