



Family Meal Kits

(Feeds a Family of Four)

**Please avoid glass items and pack any items inside a sturdy bag.*

For more information contact: Volunteer@OperationFoodSearch.org.

Cajun Beans & Rice

- (2) cans red kidney beans
- mixed vegetables
- diced tomatoes w/ basil, garlic, & oregano
- (small jar) cajun spice
- instant brown rice

Chili Night

- (large can) chili beans
- pinto beans
- chili seasoning packet
- (large can) diced tomatoes
- tomato sauce
- whole grain pasta

Spaghetti Dinner

- (24+ oz jar or can) spaghetti sauce
- whole grain pasta
- mushrooms
- parmesan cheese
- garlic powder

Tuna Noodle Bake

- (2) cans tuna (in water)
- egg noodles
- peas
- cream of mushroom soup
- evaporated milk
- plain bread crumbs

Mexican Enchiladas

- can black beans
- (2) cans chicken
- diced tomatoes w/ green chiles
- can enchilada sauce
- whole wheat tortillas (non-refrigerated)

Chicken & Biscuit Bake

- (2) cans chicken
- cream of chicken soup
- mixed vegetables
- evaporated milk
- biscuit mix