

## **MERCY BOX FOOD CHECK LIST**

- \_\_\_ 1 Medium size (12oz) bag of GROUND regular coffee
- \_\_\_ 1 medium jar of peanut butter
- \_\_\_ 1 medium jar of jelly
- \_\_\_ 1 4-pound bags of sugar
- \_\_\_ 5 cans of fruit (16 oz) Please include a variety  
Peaches/pineapple/applesauce/pears/  
Fruit cocktail/cranberry sauce/apricots
- \_\_\_ 5 cans of vegetables (16 oz) Please include a variety  
Green beans/corn/peas/carrots/spinach
- \_\_\_ 3 cans of refried beans (16 oz)
- \_\_\_ 3 packages of flour tortillas
- \_\_\_ 5 cans of protein (tuna, chicken, etc.)
- \_\_\_ 1 2-3lb bag of rice
- \_\_\_ 2 1lb bags of dry pasta
- \_\_\_ 3 boxes of macaroni and cheese
- \_\_\_ 1 package of cookies
- \_\_\_ 1 container of salt (e.g. Morton salt)
- \_\_\_ 1 package of 6-8 juice Boxes (Apple, grape, etc.)

Special Items: Include anything that you think may add to the specialness of the box. Your “Special Touch” can only enhance an already beautiful gift.

**PLEASE TAPE THE BOX CLOSED ONCE YOU HAVE COMPLETED PACKING  
THE BOX WITH THE ABOVE ITEMS**



**SAINT JAMES PARISH**  
A CATHOLIC CHRISTIAN COMMUNITY

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Dear Parishioner:

Thank you for taking part in the St James Mercy Box in June Charity. On the opposite side of this letter is the "Mercy Box Food Check List." The list has been created so that all the food fits in the box that is attached to this letter:

Please follow these instructions to complete your Mercy Box:

- Please assemble and tape the bottom of the box.
- Fill the box with the food items on the Mercy Box Food Check List.
- Tape the box closed. **You do not need to wrap the box.**
- Return the box after all masses on:
  - **SUNDAY JUNE 14<sup>th</sup> FROM 8AM-12:00 PM**Boxes can be returned to the St James School/Parish Center parking lot (West Side of Arlington Heights Road)
- We will have volunteers ready to unload your box.
  - PLEASE NOTE: There is **NO DROP OFF** at EITHER 5PM mass on Saturday or Sunday June 13<sup>th</sup> or 14<sup>th</sup>
  - Mercy boxes will be delivered on Monday, June 15<sup>th</sup>.

We are looking for teens and adults to volunteer with unloading boxes from cars on the morning of Sunday, June 14<sup>th</sup>.

Please visit our website at: [www.stjamesah.org](http://www.stjamesah.org) for the volunteer sign-up link:

<https://www.signupgenius.com/go/9040D4FA9AD2FA4FF2-64148502-stjames>

We do ask that ALL volunteers be able to lift a 50-pound box.

We thank you again for participating in this new addition to our Mercy Box Charity. Extending the spirit of giving throughout the year, this time to those in need nearby.

Your Servant in Christ

Fr Ed