

Lifeline's [Communities in Action](#) program promotes self-sufficiency and supports individuals and families to strive towards economic stability, empowerment, and connection.

Project: Bless a family and give them a chance to celebrate one of the most cherished holidays that many of us take for granted. Provide them with the groceries to make Thanksgiving Dinner a reality (turkey and all the sides). Fresh items are preferred as much as possible, but non-perishables will work as well.

Cost: Cost of the groceries. Use the suggested list below to provide a holiday dinner.

What size family? A typical family of five (5).

Groups or Individuals: This project is great for either group or individuals. If you are an individual, you might grab your friends or family to help with the prep and expense of the meal.

Deliver: **Monday, November 25, 2024** to the Lifeline Vista Campus (642 Vista Village Drive, Vista 92084). After the meal is delivered, the caseworkers will deliver the meal to the family.

Pack: Package the dinner in boxes, baskets, or reusable grocery bags to make it easier for transport. Feel free to decorate to make it festive, add a card of good wishes, or provide a grocery gift card for additional ingredients.

Suggested Grocery List:

- Frozen Turkey – 10 lbs or more
- Stuffing – boxed
- Gravy— jar or packet
- Fresh or Canned Corn
- Bag of Potatoes + fixings for Mashed Potatoes
- Cranberries, Canned or Fresh
- Fresh Uncooked Green Beans
- Buttery Biscuits, Rolls, or Garlic Bread
- Fresh Baked Cornbread or Boxed Cornbread
- Pumpkin Pie or Apple Pie
- Whip Cream
- Include a thoughtful note or a few encouraging words

*****Above and Beyond:** Include a grocery gift card in any amount for them to purchase the extras they might like (optional).

DROP OFF TIMES. 8:00am – 5pm, or up until 6pm by appointment

QUESTIONS: Team Leader: Anabel Melo

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