



## This Thanksgiving, give to those in need!

Help provide a meaningful Thanksgiving to families affected by domestic violence by donating meal boxes and/or grocery gift cards!

Donations may also be dropped off at our Business Office,  
Monday - Friday from 9 a.m. - 4:30 p.m. at  
5540 Trabuco Rd. #100 in Irvine.

For a list of suggested items, please see below.

\*Meal boxes will be distributed to families at our residential sites

[humanoptions.org](http://humanoptions.org)



## Suggested Grocery List

*Please include one of each*

- Stuffing mix
- Potatoes (boxed)
- Cranberry sauce (canned)
- Canned vegetables (corn, green beans, peas)
  - Cornbread (mix)
  - Sweet potatoes (canned)
  - Gravy (box, can or mix)
- Cream of mushroom soup
  - Brown sugar & flour
  - Pumpkin (canned)
  - Coffee, tea or juice
- Grocery gift card to purchase turkey and other perishables  
(\$20-25 suggested amount)
- Board game or cards for family activity