

# **International Care Packages- What to pack**

- 1. Sugar- 5 pound bag**
- 2. Salt- 26oz container**
- 3. White Flour- 5 pound bag**
- 4. White Basmati/ Jasmine Rice- 2 pound bag**
- 5. White Dried Navy Beans- 1 pound bag**
- 6. Cooking Oil- 1 Gallon**
- 7. Red Lentils- 1-2 Pound bag**
- 8. Tomato Paste- 2x 6oz cans**

**Have questions? Please call or text cj at 614.570.2935 or email [cj@cccn.org](mailto:cj@cccn.org) to figure out a time to drop off your care package.**