

# STEAK-OUT WHAT TO BRING

Steak-Out is a Charity Funds & Food Raiser event designed to benefit the  
Florida Gulf Coast Chapter of Alzheimer's Association  
(specifically their Respite Care Services)

& the **RCS Food Bank** of Clearwater, FL.

While we donate funds and food throughout the year, our annual Steak-Out event is our single largest activity.

To raise funds for FGCCAA, attendees are asked to participate in our 50/50 and Gift Basket drawings. This year, attendees will also have the opportunity to make direct deductible donations to either FGCCAA or to the RCS Food Bank. \*\*

Cash raised during the show is presented to FGCCAA that evening

Attendees are also asked to bring food items to be donated that evening to RCS. See the Needs List below.

\*\* This year, we will have a very small number of Premium Purchase Items for which we will accept check or cash donations. The donor will receive a receipt from their selected charity. Checks are to be made out to either:

FGCC Alzheimer's Association  
(For Respite Care Services)

**Or**

RCS Food Bank

The following "needs list" has been prepared by RCS.

Dried, bagged, and boxed food products are preferred because they generally provide more servings than canned goods. (A one pound bag of beans will feed more people than a 16 oz can of Green Giant green beans.)

The following items are the most requested by Food Bank:

<b>Boxes / Packets</b>	Macaroni & Cheese, Spaghetti, Instant Potatoes, Rice, Beans, Jell-O, Puddings, Pop-Tarts, Cake and Brownie Mixes
<b>1 Pound Packages</b>	Dried Beans ( Pinto, Navy, Peas, etc.) Rice, etc
<b>Cereals</b>	Oatmeal, Cream of Wheat, All kinds that appeal to kids
<b>Instant Breakfast</b>	Carnation, Sustacal, Ensure
<b>Flour</b>	Pancake Mix, Shortening, Powdered Milk, Flour

**Plastic Jars of Jelly & Peanut Butter**

<b>Cans of fruit</b>	Applesauce, Peaches, Pears, Fruit-cocktail, etc
<b>Condiments</b>	Sugar, Salt, Pepper, Catsup, Mustard
<b>Canned or Boxed</b>	Juices or Instant Juices, Soups (Chicken Noodle, Tomato, Vegetable), Coffee (ground or instant)
<b>Canned Vegetables</b>	Peas, Corn, Green Beans, Carrots, other Beans
<b>Canned Meats</b>	Tuna, Chicken, Spam, Chili, Sardines, Salmon, Spaghetti & Meatballs, Ravioli, Spaghetti-Os, etc
<b>Health Items</b>	Toothpaste, Brushes, Disposable Razors, Shampoo, Soap, Laundry Detergents, Toilet Paper, Paper Towels
<b>Baby Foods</b>	All types & Juices
<b>Diapers</b>	All Sizes

**There Is No Cure But There Is**



**I HAVE A PROBLEM**

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