



Meal Kits

Are you looking for a way to involve a group in a hands on, impactful project? The Dulles South Food Pantry® needs your help! We are looking for organizations willing to support our guests with basic food needs.

Wondering what to do?

1. Gather a few individuals to manage a Meal Kit event and set a packing date.
2. Contact info@dsfp.org to register your event.
3. Gather donations in the theme of one of our Meal Kits. You could even create a competition to generate more donations!
4. Ask your company to kick in the funds to purchase the items you are short on.
5. Ask a store to donate bags to pack the kits into. Or, have participants donate bags from all their extras at home! Reusable are the most durable.
6. Collect all your items and create an assembly line.
7. Pack Meal Kit bags until you run out of items to make a full set (just bring the leftovers in and we'll stock our shelves with those).
8. Deliver them to us and know that you helped make a difference!

KID FAVORITES KIT

- peanut butter
- jelly
- goldfish crackers
- applesauce cups
- macaroni and cheese
- cereal bars

SNACK KIT

- cereal bars
- granola bars
- microwave popcorn
- fruit cups
- raisins
- ramen
- fruit snacks

FAMILY STAPLES KIT

- granola bars
- chicken or tuna
- canned fruit or fruit cups
- canned corn
- rice (instant or 1-2 lb bags)
- dried beans or lentils