



# 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 healthy meal options and basic daily living needs.

Wondering what to do?

1. Get a few individuals to manage a Meal Kit Food Drive event and set a packing date.
2. Hold a Food Drive for donations in the theme of one of our Meal Kits. Create a competition to see who can get their needed items first!
3. Get your company to kick in the funds to purchase the items you are short on.
4. Ask a store to donate paper or plastic bags to pack the kits into or buy reusable bags. Or, have employees donate bags from all their extras at home!
5. Gather all your items and create an assembly line.
6. 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).
7. Deliver them to the Dulles South Food Pantry and know that you helped make a difference in your community!

*Themes to choose from:*

<p style="text-align: center;"><b>CHILI NIGHT</b></p> <ul style="list-style-type: none"> <li>• dried beans (kidney and black)</li> <li>• canned tomato sauce</li> <li>• chili seasoning packet</li> <li>• canned corn</li> <li>• canned mandarin oranges</li> <li>• bag of Fritos</li> <li>• brownie mix</li> <li>• vegetable oil</li> </ul>	<p style="text-align: center;"><b>FAMILY STAPLES</b></p> <ul style="list-style-type: none"> <li>• cereal</li> <li>• granola bars</li> <li>• chicken noodle or tomato soup</li> <li>• tuna</li> <li>• tomato sauce or paste</li> <li>• spaghetti</li> <li>• canned fruit or fruit cups</li> <li>• canned corn</li> <li>• rice (instant or 1-2 lb bags)</li> <li>• dried beans or lentils</li> <li>• oil</li> </ul>
<p style="text-align: center;"><b>TUNA CASSEROLE</b></p> <ul style="list-style-type: none"> <li>• 2 cans of tuna</li> <li>• egg noodles</li> <li>• mayonnaise</li> <li>• garlic powder</li> <li>• canned mixed vegetables</li> <li>• applesauce</li> <li>• cake mix</li> <li>• can of frosting</li> <li>• vegetable oil</li> </ul>	<p style="text-align: center;"><b>TOILETRIES</b></p> <ul style="list-style-type: none"> <li>• full size shampoo</li> <li>• full size conditioner</li> <li>• bar of soap</li> <li>• razor</li> <li>• 2 rolls of toilet paper</li> <li>• toothbrush</li> <li>• toothpaste</li> <li>• deodorant</li> </ul>