

Summer Shoebox Meal Kit Drive



Midwest
FOOD BANK
PENNSYLVANIA

Engage the kids, your family, church, work group, service club in a fun, meaningful project! Fill a shoebox (or similar sized container) with nonperishable pantry staples that can be turned into a meal by someone who may have limited supplies, abilities or other resources at home.

Get Creative!

Make it a field trip! Fill your shoebox when and where you want. Then visit Midwest Food Bank with your leadership team or participating group members to present your donation! While you are visiting, do a photo op, take a tour and see how your donation makes a difference!

Needed items and hints for your box:

- Canned goods: meat, soup, vegetables, fruit
- Rice, noodles, pasta
- Boxed "meals" like helpers, mac & cheese, potatoes
- Spaghetti sauce and canned tomatoes
- "Just add water" muffin, biscuit and dessert mixes (or minimal extra ingredients)
- Avoid glass containers



Midwest Food Bank Pennsylvania provides food, free of charge, to 200 nonprofit partners who feed thousands of hungry people. Because of the increasing need and decreasing food supply we really need your help!

Examples:

TUNA NOODLE KIT: Bag of rice or noodles, can of tuna, mushroom soup, peas, canned fruit

CHILI MAC KIT: Box or two of mac & cheese mix, can of beans or chili, tomatoes, jello mix

PASTA NIGHT: Box of pasta, canned sauce/tomatoes, biscuit mix

SOUP BOX: Canned soup, pasta or beef stew, biscuit or cornbread mix, dessert mix

MEAT & POTATOES: Boxed potatoes, canned ham or SPAM, green beans, applesauce

HELPER KIT: Meal kit (hamburger or chicken helper), canned chicken, vegetable, pudding mix

BREAKFAST BOX: Oatmeal or grits (No cereal. We have lots of that!), raisins, granola bars

LUNCH BOX: Peanut butter, jelly (plastic), crackers, fruit snacks

For more information contact

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