



March Campaign Donate a Meal in a Bag

Sometimes donating food can seem overwhelming or impersonal. How much to donate? What kinds of food? One way to make the donation process easier is to donate a meal in a bag.

Use the labels on the next page or create labels of your own based on the needs of your local food shelf. Simply place the labels on paper grocery bags and distribute them to the donors. Then the donors can fill the bags with a meal and return them at the end of the drive.

Try variations on this idea:

- Have each donor write down their favorite meal and pack those items to donate
- Break up into groups and have one donate breakfast items , one donate lunch items and another donate dinner items
- Pick a theme for the meals, i.e. picnic lunches, rainy day favorites, every color of the rainbow

This type of food drive gives donors guidelines of how much and what to donate and it can also lead to a better understanding of the needs of families who need emergency food assistance.

The labels on the next page should print out correctly on Avery labels 5164.

Pack a lunch for the hungry!

To help someone down on their luck eat a healthy, well balanced meal, fill this bag with a complete lunch, and drop it off at your local food shelf. Here are some lunchtime favorites to pack in your bag:

- Hearty Soups
- Rice, macaroni, spaghetti
- Canned tuna
- Baked beans
- Canned beef & poultry
- Canned chili, stews
- Peanut butter
- Pudding, Jello mixes
- Canned fruit & vegetables
- Cake & muffin mixes
- Canned or boxed main dishes
- Whole wheat crackers



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