



PANTRY PACKAGES

Help fill bellies by purchasing and packing pantry packages for our UConn Stamford Students!



PREP

- Purchase/collect donations of specific items to pack into individual pantry packs.*
- Each bag should contain 8-10 shelf-stable items selected from the attached list.
- Please pack a minimum of 10 bags.

***Must be nut free**



PACK

- Use draw string bags or reusable shopping bags.
- Set up an assembly line and pack!



DELIVER

- Schedule your delivery to our warehouse by contacting:

volunteer@fillingintheblanks.org
203-750-0019



- Please check expiration dates!
- Make sure everything is nut free



UConn
STAMFORD

Proud Partner of UConn Stamford

Filling in the Blanks fights childhood hunger by providing children in need with meals on the weekends.

(filling in the blanks)



FOOD LIST



MOST REQUESTED ITEMS

Select 4-5 items



- Canned Vegetables/Beans
- Canned Hearty Soups
- Microwaveable Meals (e.g., Dinty Moore Meals, Hormel Compleats, rice or noodle cups, pasta or macaroni cups)
- Instant Mashed Potatoes
- Dry pasta and canned tomato sauce
- Cornbread mix
- Bag of chips, pretzels, or other snack
- Jerkey
- Microwaveable popcorn
- Instant rice
- Freeze dried fruit

PANTRY STAPLES

Select 4-5 items



- Cake, cookie, or muffin mix (just add water)
- Gatorade powder / Liquid IV / Protein Shakes
- NUT FREE Protein Bars
- Cereal, oatmeal, breakfast bars, nut free granola
- Boxes of instant coffee, tea, or hot cocoa
- Broth

Please make sure everything is nut-free.



Thank you for making a difference in the lives of kids in our community!

