

(filling in
the blanks)



FOOD 4 KIDS

OUR WEEKEND MEAL BAG PROVIDES 4 MEALS TO FILL THE NUTRITION BLANK WHEN FOOD INSECURE CHILDREN ARE NOT IN SCHOOL

Help supplement our meal bags by purchasing and packing snack bags.



PREP

- Purchase/collect donations of specific snack items to pack into individual snack bags.
- Each bag should contain 5-6 healthy snack items selected from the attached list.
- Please pack a minimum of 50 bags.

***Must be nut free**



PACK

- Use individual brown or white lunch bags. Get creative and decorate them with an inspirational message or fun design!
- Set up an assembly line and pack!
- Staple or tape each bag closed (so we don't lose any snacks!)



DELIVER

- Schedule your delivery to our warehouse by contacting:

Mattknight@fillingintheblanks.org
203-750-0019



- Please check expiration dates!
- Please staple/tape bags closed.

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

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SNACK LIST



SAVORY SNACKS

Select 2-3 items

- Small bags of corn snacks or popcorn
- Small bags of cheese crackers or puffs
- Small bags or cans of chips (e.g., Pringles)
- Small bags of veggie straws
- Small bags of pretzels

SWEET SNACKS

Select 2-3 items

- Cereal bars (e.g., Nutri-Grain)
- Fruit bars or fruit snacks
- Bags of mini-muffins
- Granola bites



Please make sure all snacks are nut-free.



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

