



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. Gather 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. Ask 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 participants donate bags from all their extras at home!
5. Collect all your items and create an assembly line. If you have items that need to stay cold, keep those separate.
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;">THANKSGIVING MEAL</p> <ul style="list-style-type: none"> • canned corn (2) • canned 100% pumpkin • canned sweet potatoes/yams (2 sm or 1 lg) • instant mashed potatoes • canned green beans (2) • cream of mushroom soup • fried onion topper • gravy (1 jar or 1 packet) • cornbread mix • stuffing mix • chicken broth • canned cranberries 	<p style="text-align: center;">FRESH IS BEST</p> <ul style="list-style-type: none"> • onions • carrots • garlic • potatoes • apples • oranges
<p style="text-align: center;">HOLIDAY MEAL</p> <ul style="list-style-type: none"> • broth (any kind) • canned mushrooms • egg noodles • gravy • canned sweet potato/yam • oil • canned pineapple • refrigerated biscuits or crescent rolls 	<p style="text-align: center;">HOLIDAY BAKING NEEDS</p> <ul style="list-style-type: none"> • flour • sugar • yeast packets • cooking spray • baking soda • baking powder • salt • tub of frosting • colored sugar or sprinkles