



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.
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;">KIDS FAVORITES</p> <ul style="list-style-type: none"> • peanut butter • jelly • goldfish crackers • applesauce cups • macaroni and cheese 	<p style="text-align: center;">PASTA DINNER</p> <ul style="list-style-type: none"> • pasta • pasta sauce • parmesan cheese • salad dressing • croutons
<p style="text-align: center;">TACO NIGHT</p> <ul style="list-style-type: none"> • taco seasoning • refried beans • black beans • salsa • Spanish rice kit • tortillas or taco shells 	<p style="text-align: center;">SCHOOL HOLIDAY SNACK SUPPLY</p> <ul style="list-style-type: none"> • cereal bars • granola bars • microwave popcorn • fruit cups • raisins • ramen
<p style="text-align: center;">SIMPLE SUMMER</p> <ul style="list-style-type: none"> • Hamburger helper • peaches • mixed vegetables • cookies 	<p style="text-align: center;">FAMILY STAPLES</p> <ul style="list-style-type: none"> • cereal • granola bars • chicken or tuna • tomato sauce or paste • spaghetti • canned fruit or fruit cups • canned corn • rice (instant or 1-2 lb bags) • dried beans or lentils