Choose one of the projects below and assemble snack packs and meal bags. Deliver to United Way to be distributed to those in need in Central Minnesota.

In our community free and reduced lunch rates were 86% at Lincoln Elementary School and 89% at Discovery Community Schools. This means the total family income is below $21,000 for the vast majority of families at these schools. Providing nutritious and easy to prepare food for local kids alleviates food insecurity over the weekends and keeps kids healthy and prepared to learn.

THE PROJECT

- Collect or buy the necessary food items. Make sure food is easy to prepare and does not require a can opener.
- Fill gallon size bags with food items.
- If you’d like, add a note of kindness.
- Take a photo of you, your team, and your donations and send to Mary Krippner at mkrippner@unitedwayhelps.org to share and inspire our community.

REFLECTION

- What snacks did you enjoy eating when you were a child?
- Have you ever tried to work or concentrate while you were hungry? Did it make it more difficult to work and focus on what you were doing?
- How did collecting food and assembling the bags impact your life? How will it impact the child you help?

TAKE ACTION

Choose one of the projects below and assemble snack packs and meal bags. Deliver to United Way to be distributed to those in need in Central Minnesota.

**Kids Snack Packs**
- Individually packaged cereal cups
- Fruit snacks
- Oatmeal packets
- Granola Bar – Peanut or Almond
- Applesauce Cup (natural/no sugar)
- Microwave popcorn
- Chicken Noodle Soup
- Variety Nut pack
- Raisins
- Veggie/fruit cup
- Mac n' Cheese
- Plastic spoons/forks
- Peanut butter and crackers
- Note of encouragement
- Toothbrush

**Meals in a Bag**

(In a large bag, assemble one of the following)
- Spaghetti noodles, sauce, pot, stirring spoons, plates, and forks
- Peanut butter, Jelly, bread, and butter knife
- Oatmeal, bowls, and spoons
- Cereal, shelf-stable milk, bowls, and spoons
- Cans of soup, saltine crackers, bowls, and spoons
- Other non-perishable meal ideas

Drop off at United Way of Central Minnesota, 921 1st Street North, St. Cloud 56303
Contact Mary Krippner, Director of Volunteer Engagement at 320-223-7991