

FEED *the* NEED

*Providing
Food for
Children in
Need*



Packing Weekly Family Boxes

Remember, this is a ministry. Please pray for these families as you pack their food. There are no rules. If you don't do it exactly like the suggestions, it's ok.

Helpful information for each child:

- ✓ Breakfast everyday for each child for one week (Example: 7 packs of oatmeal/cereal bars per child or a box of cereal per 2 children).
- ✓ 2-3 lunches per child.

2-3 suppers per child (lunch and supper could be the same type of item).
- ✓ 2-3 fruit cups/cans per child.
- ✓ 1-2 (or more) mac and cheese bowls per child or a box of mac and cheese per 2-3 children (boxes if children have a parent home).
- ✓ 3-4 snacks per child.
- ✓ Peanut butter & jelly if it is available.

A lot of the details depend on the types and supply of food available. You can be flexible. Think like a child and what would be easy for you to eat if you're alone.