

ACCESS TO FOOD • QUALITY OUT OF SCHOOL TIME SPEED VOLUNTEERING OPPORTUNITY

Take some breakfast, lunch, or dinner supplies and package them together for a quick and easy meal that a local family or a Big Brother or Sister and their Little can make and enjoy together. Bring your items to Big Brothers Big Sisters, Boys & Girls Clubs, Catholic Charities Emergency Services, and CROSS Center in Foley.

Supplies, Instructions and Reflection

Supplies

- Large paper bag
- Oatmeal, bowls, and spoons
- Cereal, shelf-stable milk, bowls, and spoons
- Muffin mix, a muffin tin, a mixing bowl, and a stirring spoon
- Peanut butter, jelly, bread, and a butter knife
- Spaghetti noodles, sauce, colander, pot, a stirring spoon, plates, and forks
- Cans of soup, saltine crackers, bowls, and spoons
- Any other non-perishable meal ideas. Be creative!

Instructions

1. Choose what meal (or meals) you will be packaging up.
2. Gather or buy the necessary supplies – make sure everything is sealed and hasn't expired.
3. Make sure to include disposable or real cutlery, plates or bowls, and prep dishes.
4. Put the meal and all supplies into the paper bag. If you want, decorate the bag beforehand!
5. Include a note with cooking directions and words of encouragement, hope, etc.

Reflection

1. Why is sitting down and eating a meal together as a family important?
2. How did making this Meal-in-a-Bag impact your life? How will it impact the family you help?

Why Meal in a Bag?

10.6% of families in Stearns County are considered food insecure.

By creating a Meal in a Bag, you are not only providing a meal to those experiencing food insecurity, but you are also giving that family the opportunity to talk, laugh and connect over the meal.

This is a simple way for us to help create stronger, healthier families in our community.