

Food4Thought Weekend Food Packs Volunteer Project Details and Suggestions

Thank you for volunteering to help Britepaths assist our Food4Thought partner schools! Food4Thought volunteers donate food and assemble weekend packs for our schools to send home with children in need. This page offers details and information you can use to create a sign-up, inform interested volunteers and donors on how to participate, and guide your organization about what items to purchase if your group is planning to provide the food that your volunteers will assemble.

Some Things to Know Before You Get Started:

1. You should contact the partner school you want to help. [Click Here](#) for our list of participating schools. Please cc: Christina Garris (cgarris@britepaths.org) when you email the school contact.
2. Each pack you assemble will contain ten items so kids can have breakfast, lunch, dinner, a drink and a snack both Saturday and Sunday.
3. All items that are donated or purchased for this project should be non-perishable, individual-sized food items that have not passed their expiration dates. Consider that some of the kids who will receive this food may be on their own during the weekend while their parents work, so it is important to give them pop-top, ready-to-heat-and-eat containers. They also need to be able to carry it home in their backpacks, so it is best to avoid cans or oversized packages.
4. We have included zip-top bags on the sign-up for packaging the food. Gallon-size zip-top bags are the most popular, but if you can use the XL size zip-top bags, they are so much easier to pack and zip.
5. The most expensive items, and the most rarely donated, are the most vital ones: shelf-stable milk, individual Chef Boyardee-type meals with meat and/or cheese, and tuna/chicken & cracker snack packs. These items ensure that the kids get some protein each day, so please plan to include them. *These meals truly may be the only food the kids have that weekend!*

Next Steps:

Creating a Sign-Up for Your Volunteers: The table below offers an example of the quantities you would request in an online sign-up form in order to assemble ten packs. Remember to account for the fact that different items come in different packaging sizes (for example, individual cups of applesauce typically come in 6-packs, while individual fruit cups usually are in 4-packs). Depending on the scope of your project, you may want to add sign-up slots for donation of the zip-top bags needed for the project, for donating funds instead of bringing items, and for volunteering time for assembly.

If you have questions about your Food4Thought project, contact Dorothy Altmiller at daltmiller@britepaths.org or 703.273.8829. [CLICK HERE](#) to Visit Britepaths' Food4Thought page.

Sample Volunteer Sign-Up Amounts: Suggested Items Needed to Create Ten Food4Thought Packs
Multiply as needed for the number of packs you wish to create.

Note: You will need four “meal” items for each pack, so you might request double ravioli cups, tuna/chicken cracker kits or mac & cheese cups.

Item Needed	Quantity Needed	Additional Info
Chef Boyardee-style Ravioli, Beefaroni, Spaghetti & Meatball	10	Single-serving cups, approx. 7 oz., with meat or cheese (no cans, please!)
Tuna or Chicken Salad Snack Kit with crackers	10	e.g. Bumblebee. Small "snack" kits -- larger meal kits are too large for the bags.
Mac & Cheese individual cups	10	e.g. Kraft EasyMac or Velveeta cups, not boxes. Typically come in 4-packs.
Soup cups	10	e.g. Campbell's 7 oz chicken noodle or other soups, typically in 4-packs
Breakfast cereal in single-serve boxes or pouches; cereal bars	10	Single-serve boxes of Rice Krispies, Cheerios, etc. Less sugary preferred. Typically available in 8-packs.
Instant oatmeal packets/bowls	10	Any flavor instant oatmeal packets. They typically come 10 packets per box, or in individual disposable bowls.
Individual, healthy snack item	10	Single-serve snack items, such as packets of pretzels, popcorn or cheese crackers, granola bars, etc.
Fruit cup or applesauce cups	10	A snack item. 100% fruit, packed in fruit juice with no added sugars. Fruit cups tend to come in 4-packs and applesauce in 6-packs.
Shelf-stable milk boxes	10	e.g. Horizon or Hersheys. No Yoo-Hoo, please!
Juice boxes/pouches	10	100% fruit juice