

# UNITED WAY Meal Kit Drive SEPTEMBER-NOVEMBER



## SOUP & STEW ESSENTIALS MEAL KIT

### Non-Perishable Food Items

- Dried great norther beans
- Dried lentils
- Dried black beans
- Chicken/beef broth
- Chicken/beef bouillon
- Thyme
- Marjoram
- Pepper
- Sage
- Canola Oil
- Canned tomatoes
- Small pasta or egg noodles
- Rice
- Minced garlic
- Croutons
- Crackers
- Parmesan cheese

### Sample Kitchen Items

- Soup pot
- Casserole dish
- Slotted Spoon
- Freezer storage bags or containers

### Instructions:

FILL your bag with non-perishable ingredients ONLY. You may include a gift card for perishables. Be sure to include spices and other items that can be used for other recipes as well.

INCLUDE a family recipe that uses some of these ingredients and/or a note about what family meal time means to you.

RETURN the full Meal Kit on \_\_\_\_\_ at \_\_\_\_\_ between the hours of \_\_\_\_\_.

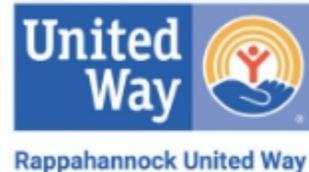
Questions? Contact:

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**DONATE ITEMS OR CREATE A FAMILY MEAL KIT**

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## PANCAKE BREAKFAST MEAL KIT

### Non-Perishable Food Items

- Complete pancake mix
- Maple Syrup
- Low-sugar or Sugar free syrup
- Blueberry Syrup
- Canned blueberries
- Mini chocolate chips
- Hot Chocolate mix
- Dried fruit
- Granola
- Coffee
- Tea

### Sample Kitchen Items

- Electric griddle
- Frying pan
- Drink pitcher
- Small pitcher for syrup
- Egg/pancake molds

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Rappahannock United Way

## PASTA NIGHT MEAL KIT

### Non-Perishable Food Items

- Jars of tomato sauce
- Box of any type of pasta
- Can of crushed tomatoes
- Olive oil
- Balsamic vinegar
- Parmesan cheese
- Salad croutons
- Red pepper flakes
- Oregano
- Basil
- Minced garlic or garlic powder

### Sample Kitchen Items

- Strainer
- Pasta pot
- Casserole dish
- Slotted Spoon
- Salad Bowl



### Instructions:

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Questions? Contact:

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