

UNITED WAY

Meal Kit Drive

SEPTEMBER-NOVEMBER



A meal kit drive is much more than your usual food drive! The idea behind meal kits is to gather all of the items needed for a family meal. Food pantries distribute the items they receive – and they are crucial in helping people to stave off hunger – but that often means that families receive ingredients that can't be combined to create a meal. Spices are rarely available at food pantries, but they can make all the difference when it comes to cooking healthy family meals. A meal kit drive where individuals work together to donate the different elements of a meal helps to stock the pantries of families in need.

Host Your Drive

- Set a goal. How many kits will you create?
- Contact Rappahannock United Way for meal kit bags and meal kit lists (or create your own recipes!)
- Divide and conquer. Organize teams to work together to purchase and donate items or invite individuals to gather all the items for a meal kit.
- Set your deadline for turning in meal kits and items.
- If you're collecting items that will be sorted into kits, set a date for a sort-a-thon.
- Contact Rappahannock United Way to discuss delivery/pickup of items.
- Celebrate your Meal Kit Drive success!

Recipe Ideas

Each kit should contain all the non-perishable items for a meal. Sample meals include Pasta Night, Soups and Stews, Taco Night, Pancake Breakfast... or your favorite recipe!

Extra Touches

Kits can also include gift cards to purchase the perishable items needed and kitchen items – like strainers, pots and pans – to make meal prep easier. Many families are limited in meal prep because they lack the items needed to prepare the food. **Consider asking coworkers to contribute to the cost of a new Crockpot** – which can be used by families living in local motels to create healthy meals.

DONATE ITEMS OR CREATE A FAMILY MEAL KIT

Visit www.RappahannockUnitedWay.org/Seasons for details!