



[www.kidsmealsinc.org](http://www.kidsmealsinc.org)

Ending childhood hunger in Houston

## DIY Lunch Instructions

Assemble meals for hungry children at your location!

It's as easy as 1-2-3!

1. **Purchase** pre-packaged, non-perishable foods and standard lunch bags (see list).
2. **Assemble** as many as you want, (decorate bags if desired)
3. **Bring** to us and we will deliver them to Houston's hungriest children. Contact-free drop off available!



Harris County: [Joey@kidsmealsinc.org](mailto:Joey@kidsmealsinc.org)

Bring DIY bags to: 330 Garden Oaks Blvd. 77018  
M-F, 9-12, Bay #20 behind building

Montgomery County: [Laran@kidsmealsinc.org](mailto:Laran@kidsmealsinc.org)

Bring DIY bags to: Silver Springs Baptist Church,  
29820 Dobbin-Huffsmith Rd, Magnolia, TX 77354  
M-F, 9-12

\*Kids' Meals is committed to delivering nutritious meals to our children. Foods that do not fall within Kids' Meals nutritional guidelines may be removed and saved for client parties.





# Suggested Lunch Pack Items

The health of our children is paramount, so we work hard to set a nutritional example.

Each Lunch Pack includes 4 shelf-stable items-

**1 drink, 1 snack, 1 sandwich equivalent, 1 fruit item.**

(Please NO homemade food, no items that need refrigeration or are perishable).

Below are some suggestions.

## Drink (1)

Small Water Bottle (8 oz)  
Shelf-Stable Milk Box (non-chocolate)  
100% Juice-Juice Box

## Sandwich Equivalent (1)

YumButter w/crackers, single serve  
peanut/almond butter pack with pretzels,  
mini can Vienna Sausage, jerky (chicken,  
beef, turkey, pork), canned tuna or chicken  
salad pack, individual pastas/soups,  
individual mac & cheese

## Snack (1)

Annie's Whole Wheat Bunnies,  
Oatmeal Squeeze, Clif Bars,  
Mamma Chia Chia Squeeze,  
Kind Bars, RX Bars, Lara Bars,  
Quaker Oats Chewy Granola  
Bars, Skinny Pop, Pirate's  
Booty, Boom Chika Pop, Nature  
Valley Granola Bars, Planter's  
Peanuts, Late July Crackers,  
Snyder's Pretzels, trail mix,  
cheese crackers, peanut butter  
crackers, almond pack

## Fruit Item (1)

Fruit cups, applesauce, Annie's Fruit Snacks, Munk Pack Fruit, Buddy Fruits Apple  
Chips, Go Organically Fruit Snacks, Welch's Fruit Snacks (low sugar), Clif Kid Fruit  
Rope, fruit crisps, GoGo Squeeze Applesauce Packs.  
(We give the children fresh fruit in family grocery bags)

Ending Childhood Hunger Right At Their Doorsteps!

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