



DIY Meal Packing

Help deliver meals and smiles to Houston children!

Kids' Meals delivers over 9,000 meals daily to preschool-aged children across 56 zip codes in Greater Houston. With the help of volunteers like you, we're changing mealtimes and lifetimes.

1

Decorate Bags

Gather standard 6 lb brown lunch bags (13 x 7.9 x 27 cm) and use markers, crayons, or colored pencils to add cheerful designs, positive messages, jokes, or riddles. Avoid glitter, staples, or any materials that could fall off and be sure not to seal them.

Tip: Do this the week before your packing event

2

Gather Supplies

Each DIY lunch bag should include one item from each of the following four categories:

Drink (8 oz. or less): Small water bottle, shelf-stable milk box, 100% juice box

Snack: Whole wheat crackers, Skinny Pop popcorn, pretzels, granola bars

Protein: Peanut butter (individual pack), peanut butter crackers, jerky, tuna packs, shelf-stable chicken salad

Fruit: Fruit cups, applesauce pouches, 100% fruit snacks, dried fruit, apple chips

Please: No homemade food, perishable items, or refrigerated products. Only use pre-packaged, non-perishable items.

3

Assemble Lunches

Place one item from each category (drink, snack, protein, fruit) into each decorated bag. Do not seal the bag. This allows us to easily inspect and distribute meals.

Tip: Watch this helpful video for a step-by-step visual guide.



4

Deliver Lunches

Harris County: 330 Garden Oaks Blvd., Houston, TX 77018

Montgomery County: 5517 E FM 1488, Magnolia, TX 77354

Drop-Off Hours: Monday through Friday, 9:00 AM - 2:00 PM

