



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

Because no child should go hungry. Ever.

## DIY INSTRUCTIONS

### LUNCH PACK

*Assemble meals for hungry children from your location!*

1. Purchase pre-packaged, nonperishable foods and standard brown lunch bags. See list of acceptable items below.



2. Assemble as many bags as you'd like. Each bag should contain 1 item from each category below (drink, snack, protein, and fruit). You can decorate the bag as well! **Please do not staple bags.**

3. Drop-off your DIY bags Monday-Friday, 9am-2pm at 330 Garden Oaks Blvd. Houston, TX 77018

### LIST OF SUGGESTED LUNCH PACK ITEMS

No homemade food items. All items must be pre-packaged, non-perishable, and not require refrigeration.

#### DRINK

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

#### PROTEIN

Yum Butter w/ Crackers, Single Serve Peanut or Almond Butter pack with pretzels, mini can Vienna Sausage, Jerky (chicken, beef, turkey, pork), canned tuna or chicken salad pack.

#### SNACK

Annie's Whole Wheat Bunnies, Clif Bars, Kind Bars, RX Bars, Lara Bars, Quaker Oats, Granola Bars, Skinny Pop, Pirate's Booty, Boom Chika Pop, Nature Valley Granola Bars, Planter's Peanuts, Late July Crackers, Pretzels, Trail Mix, Cheese Crackers, Peanut Butter Crackers, Almonds

**NO CANDY PLEASE!**

#### FRUIT

Fruit Cups, Applesauce, Annie's Fruit Snacks, Buddy Fruits Apple Chips, Go Organically Fruit Snacks, Welch's Fruit Snacks (low sugar), Clif Kid Fruit Rope, Fruit Crisps, GoGo Squeeze Applesauce packs.  
(Children receive fresh fruit in family grocery bags)

### BAG DECORATING

We need over 1.5 million bags per year. YOU can make them special!



Simply buy a pack of standard brown lunch bags and unleash your inner artist.

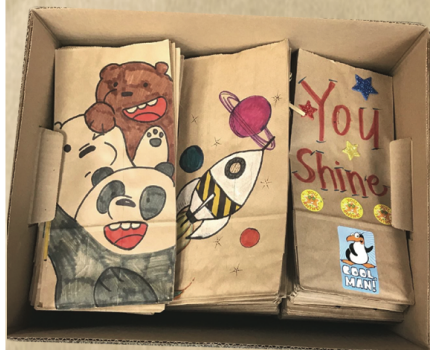
Decorate with markers, crayons, stamps, riddles, jokes, mazes, or encouragement. (NO glitter or staples please.)



This is a great volunteer opportunity for ALL ages and ALL skill levels! These bags will be filled with food and delivered to hungry children in Houston.



Deliver your bags Monday-Friday 9am-2pm or mail them to us!



330 Garden Oaks Blvd.  
Houston, TX 77018