

MEAL IN A BAG

By creating a Meal In A Bag, you are not only providing a meal to those experiencing food insecurity, but you are also giving a family the opportunity to talk, laugh and connect over the meal. This is a simple way for us to help create stronger, healthier communities!

SUPPLIES NEEDED:

- Large paper bag
- Utensils needed for included meals (paper plates, bowls, silverware, can opener)
- Meals!

Meal Ideas:

- Cereal and shelf-stable milk
- Peanut butter, jelly and bread
- Spaghetti noodles & jar of pasta sauce
- Pop-top soups and crackers
- Pancake shaker and syrup
- Fruit cups, apple sauce, easy mac, granola bars, pudding cups or snacks
- Dinner table activity
- Be creative!

INSTRUCTIONS:

1. Choose the meals you would like to include and plan for the necessary utensils needed for the meals.
2. Gather or buy necessary supplies. Make sure everything is sealed and hasn't expired!
3. Include a note with cooking directions or words of hope and encouragement!
4. Bring completed kits to the United Way to be distributed to agencies and clients who need them.

REFLECTION

Being food insecure means not having enough money (or other resources like SNAP) to buy enough food for all members of the household. That could mean running out before being able to buy more, eating less balanced meals, skipping or cutting back on meals because there isn't enough money for food.

1. How does being hungry affect you?
2. Why is sitting down and eating a meal together as a family important?
3. How did making this Meal-in-a-Bag impact you? How do you think it will impact the family you help?