




**NEIGHBORS
HELPING
NEIGHBORS**

**HEALTHY LIFESTYLE MEAL KIT
FOOD DRIVE AND PACKING PARTY
GUIDELINES, CHECKLIST, AND PRINTABLES**



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 908-485-4462

 events@cfbnj.org

HEALTHY LIFESTYLE MEAL KIT



With limited budgets, our neighbors in need are often forced to choose inexpensive, unhealthy food options in order to feed themselves and their families. While delivering food is central to CFBNJ's mission, so is inspiring healthy and positive lifestyles. Close to 70% of the food CFBNJ distributes comes from highly nutritious "foods to encourage" categories.

ITEMS NEEDED FOR HEALTHY LIFESTYLE MEAL KIT*

1.



1 BAG OF DRY BEANS
1 LB.

2.



1 CAN OF VEGETABLES
14.5 OZ., LOW SODIUM

3.



2 CANS OF FRUIT
15 OZ. PER, IN FRUIT JUICE

4.



2 CANS OF TUNA
5 OZ. PER, IN WATER

5.



1 CAN OF CHICKEN
12.5 OZ., IN WATER

6.



1 BAG OF QUINOA
12 OZ.

GUIDELINES AND CHECK LIST

- 1. Set Your Event Date(s) and Location(s)
- 2. Register Your Event and/or Set Up an Adjacent Virtual Drive at cfbnj.org/fundraise
- 3. Spread the Word and Promote Your Event
- 4. Start Collecting Needed Items and/or Funds
- 5. Contact events@cfbnj.org for Donated Items Drop-off Information

**Important Note: All items must be new and in original packaging and must contain nutrition facts.*

For more information, contact events@cfbnj.org.

MOST NEEDED ITEMS

Healthy Lifestyle Meal Kit Food Drive

EVENT DATES: _____



1 BAG OF DRY BEANS
1 LB.



1 CAN OF VEGETABLES
14.5 OZ., LOW SODIUM



2 CANS OF FRUIT
15 OZ. PER, IN FRUIT JUICE



2 CANS OF TUNA
5 OZ. PER, IN WATER



1 CAN OF CHICKEN
12.5 OZ. PER, IN WATER



1 BAG OF QUINOA
12 OZ.

**Important Note: All items must be new and in original packaging and must contain nutrition facts.*



MONETARY DONATIONS ALSO ACCEPTED.

SAMPLE SCAN TO DONATE.
\$1 = 3 MEALS.



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Healthy Lifestyle Meal Kit Food Drive

DROP OFF HERE

Thank you for providing food, help, and hope
to our neighbors in need!





ABOUT THE COMMUNITY FOODBANK OF NEW JERSEY

The Community FoodBank of New Jersey (CFBNJ), a member of Feeding America®, has been delivering food, help and hope across the state for over 45 years. Last year, CFBNJ provided nutritious food for over 85 million meals through its network of more than 800 community partners including pantries, soup kitchens, emergency shelters, mobile pantries, and child and senior feeding programs throughout the 15 New Jersey counties it serves. For our hungry neighbors, CFBNJ is the powerful agent of change that fills the emptiness caused by hunger and provides resources that are essential to earning a sustainable living.