



# **COLLEGE MEAL KIT**

## **FOOD DRIVE AND PACKING PARTY GUIDELINES, CHECKLIST, AND PRINTABLES**

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COMMUNITY FOODBANK OF NEW JERSEY**



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# COLLEGE MEAL KIT



With tight budgets and busy schedules, college students are particularly vulnerable to hunger, which can hinder their abilities to excel in the classroom and put them at greater risk of dropping out. CFBNJ distributes food to more than a dozen college campus pantries throughout the state and works with government to help enact long-term solutions to end college hunger in New Jersey.

## ITEMS NEEDED FOR EACH COLLEGE MEAL KIT\*

1.



2 OATMEAL CUPS

2.



2 MICROWAVABLE RICE BOWLS

3.



1 CAN OF SOUP  
14.5 OZ., LOW SODIUM

4.



2 CANS OF TUNA  
5 OZ. EACH, IN WATER

5.



1 BOX OF  
MAC AND CHEESE

6.



1 SMALL BOX OF  
GRANOLA BARS, NO NUTS

7.



1 PACK OF FRUIT CUPS  
IN FRUIT JUICE

## GUIDELINES AND CHECK LIST

- 1. Set Your Event Date(s) and Location(s)
- 2. Register Your Event and/or Set Up an Adjacent Virtual Fundraiser at [cfbnj.org/fundraise](https://cfbnj.org/fundraise)
- 3. Spread the Word and Promote Your Event
- 4. Purchase or Start Collecting Items Needed and Funds
- 5. Contact [events@cfbnj.org](mailto:events@cfbnj.org) for Donation 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](mailto:events@cfbnj.org).**

# COLLEGE MEAL KIT

## EVENT SETUP INSTRUCTIONS AND RECOMMENDATIONS



**LENGTH OF PACKING EVENT:** ONE HOUR

**NUMBER OF PARTICIPANTS:** 15 PER ASSEMBLY LINE

**GOAL:** 15 KITS PER VOLUNTEER

### PRE-EVENT PREPARATION

- Purchase\* or collect all items needed for the **College Meal Kit**, including the special kit carrier (two gallon Ziploc bag, grocery bag, or a type of carrier which can be sealed or tied), and boxes to store packed **College Meal Kits** for donation
- Event location with counter space for assembly line(s)

### PARTICIPANT ASSIGNMENTS

- Identify three participants as event working staff per assembly line to
  - Assist with event setup
  - Replenish items at the assembly line as needed
  - Box all the packed **College Meal Kits** at the end of the line for donation after the packing activity
- Divide the rest of the participants equally into teams for **College Meal Kit** packing at each assembly line

### INSTRUCTIONS FOR SETUP

- If you have multiple assembly lines, divide all purchased/collected items equally
- Each assembly line should have the items placed in the suggested order below (start from heavier and bigger items then to lighter and smaller items)
  1. Packs of Fruit Cups
  2. Cans of Soup
  3. Cans of Tuna
  4. Microwaveable Rice Bowls
  5. Boxes of Granola Bars
  6. Boxes of Mac and Cheese
  7. Oatmeal Cups
- Create a couple of completed kits for display at the beginning of the assembly line next to the "CREATE **COLLEGE MEAL KIT** HERE" signage.

*\*Important Note: The event organizer shall be responsible for item purchase.*

**For more information, contact [events@cfbnj.org](mailto:events@cfbnj.org).**

# CREATE COLLEGE MEAL KIT HERE

- 1. Take one bag**
- 2. Add the following items to the bag in order:**
  - One [1] Pack of Fruit Cups
  - One [1] Can of Soup
  - Two [2] Cans of Tuna
  - Two [2] Microwaveable Rice Bowls
  - One [1] Box of Granola Bars
  - One [1] Box of Mac and Cheese
  - Two [2] Oatmeal Cups
- 3. Seal and return the completed kit to the event working staff at the end of the assembly line**
- 4. Head back to the beginning of the line and continue packing!**

*Please proceed swiftly through the line so all guests have the opportunity to experience volunteering. Thank you for your cooperation and support!*



# NEEDED ITEMS

## College Meal Kit Food Drive

EVENT DATES: \_\_\_\_\_



OATMEAL CUPS



MICROWAVABLE  
RICE BOWLS



CANS OF SOUP  
14.5 OZ., LOW SODIUM



CANS OF TUNA  
5 OZ. EACH, IN WATER



BOXES OF  
MAC AND CHEESE



SMALL BOXES OF  
GRANOLA BARS, NO NUTS



PACKS OF FRUIT CUPS  
IN FRUIT JUICE

*\*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.**



**NEIGHBORS  
HELPING  
NEIGHBORS**

# College Meal Kit Food Drive

# DROP OFF HERE

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







## NEIGHBORS HELPING NEIGHBORS

The power of coming together. **Neighbors Helping Neighbors** is CFBNJ's community-based effort to help spread awareness about food insecurity and raise funds to provide food, help and hope for our neighbors in need. Bring your family, friends, neighbors, and coworkers together for the cause. Join us.

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## 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.