

The background of the entire page is a repeating pattern of various vegetables in shades of gray. The vegetables include corn cobs, tomatoes, bell peppers, zucchini, and leafy greens, scattered across the page.

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



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908-882-0668



[events@cfnj.org](mailto:events@cfnj.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. Over 74% of the food CFBNJ distributes comes from highly nutritious “foods to encourage” categories, including fruits and vegetables, lean proteins, whole grains, and dairy.

## ITEMS NEEDED FOR EACH 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 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).**

# HEALTHY LIFESTYLE 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 **Healthy Lifestyle 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 **Healthy Lifestyle 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 **Healthy Lifestyle Meal Kits** at the end of the line for donation after the packing activity
- Divide the rest of the participants equally into teams for **Healthy Lifestyle 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. Bags of Dry Beans
  2. Cans of Fruit
  3. Cans of Vegetables
  4. Cans of Chicken
  5. Cans of Tuna
  6. Bags of Quinoa
- Create a couple of completed kits for display at the beginning of the assembly line next to the "CREATE **HEALTHY LIFESTYLE 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 HEALTHY LIFESTYLE MEAL KIT HERE

- 1. Take one bag**
- 2. Add the following items to the bag in order:**
  - One [1] Bag of Dry Beans
  - Two [2] Cans of Fruit
  - One [1] Can of Vegetables
  - One [1] Can of Chicken
  - Two [2] Cans of Tuna
  - One [1] Bag of Quinoa
- 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

## 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.**



**NEIGHBORS  
HELPING  
NEIGHBORS**

# Healthy Lifestyle 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)** is the largest anti-hunger, anti-poverty organization in New Jersey, where nearly 1.1 million neighbors, including 1 in 7 children, struggle with the emptiness caused by hunger. We are the lead source of nourishing food for 800 pantries serving everyone from infants to college students to families and seniors. Our comprehensive approach addresses the root causes of hunger through food benefits and social services, job training and certification, local farm partnerships, and food policies that nurture all New Jerseyans. By providing food, help, and hope, we are building a food secure future for our state. CFBNJ is a proud member of Feeding America®.