

## **FUN FOOD BOX IDEAS**

BKO Hunger Food Drive: Saturday, June 20, 2020

Make your food drive a fun, family activity. Decorate and fill a themed food box for BKO Hunger, Below are some possible choices. or design your own. Remember, a theme box can include other food items and paper products too!

Please no glass containers or expired food. Please check dates before donating.

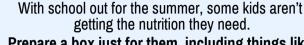
Many older Bucks County residents are unable to grocery shop for themselves right now.

#### Fill a box with things that seniors like and need, such as:

- breakfast cereal
- tissues
- nutri-grain bars
- Ensure
- oatmeal
- no sugar added applesauce
- low-sodium canned vegetables
- Include an encouraging note
- word-find puzzles



## KIDS BOX:



#### Prepare a box just for them, including things like:

- · no sugar added
- fruit cups
- iuice
- fruit roll-ups
- shelf-stable boxed milk
- canned fruits in their own juices shelf-stable string cheese
- breakfast cereal

### Staying healthy during this stressful time requires a diet that includes proteins.

#### Make a protein power box with items like:

- peanut butter
- canned salmon or chicken
- nuts
- lentils
- · beans (canned
- oatmeal
- or dried)
- canned tuna
- Research together what other
  - foods are high in protein

# /EGAN BOX:

#### Don't forget our vegan and vegetarian friends.

#### They could use items like:

- brown rice
- quinoa
- garlic
- spices
- olive oil or canola oil
- vinegar

- lemon juice
- pasta
- beans
- chickpeas
- iuices

#### Keeping safe these days means keeping clean.

#### Create a cleaning product box including:

- paper towels
- bar soap
- · laundry detergent
- toilet paper
- dish detergent
- sponges
- Windex
- disinfectant

# **CELEBRATION BOX:**

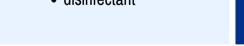
### A celebration box can include:

- cake mix paper plates
- canned frosting
- balloons
- candles

Make birthdays and other special days fun for someone,

even if they can't go out.

- popcorn
- No-sugar added juice for a
  - special toast



#### We can't forget our furry friends! Pack a box for Fido and Fluffy. Include items like:

- · dry dog food
- treats
- dry cat food
- cat litter
- canned dog food
  other essential things that pet
- · canned cat food
- parents need to take care of their furry housemates

# **MYSTERY BOX:**



Creating a themed box can be fun, but a mix of the most needed items requested by pantries is just as important.

#### Here is a list of the most requested items:

- · Canned Fruit low in sugar
- Canned Vegetables low in salt
- Grains like brown rice or whole grain pasta
- Protein like canned tuna and canned chicken
- Dairy like shelf stable milk and cheese