



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.

SENIOR BOX:

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:

With school out for the summer, some kids aren't getting the nutrition they need.

Prepare a box just for them, including things like:

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

PROTEIN BOX:

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

Make a protein power box with items like:

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

VEGAN 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
- juices

CLEANING BOX:

Keeping safe these days means keeping clean.

Create a cleaning product box including:

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

CELEBRATION BOX:

Make birthdays and other special days fun for someone, even if they can't go out.

A celebration box can include:

- cake mix
- canned frosting
- candles
- popcorn
- paper plates
- balloons
- No-sugar added juice for a special toast

PET CARE BOX:

We can't forget our furry friends! Pack a box for Fido and Fluffy.

Include items like:

- dry dog food
- dry cat food
- canned dog food
- canned cat food
- treats
- cat litter
- other essential things that pet 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

All donations are welcome! No time to create a food box? You are more than welcome to bring us a bag of food.

More information and details about drop-off locations can be found at www.uwbucks.org/bkohunger