

Do It Yourself Volunteer Project:

Kids LUNCHBOX

PROJECT OVERVIEW:

Creating a Kids Lunch Box will provide children a nutritious lunch over the summer, where they may not have access to receive such a meal with school not in session.

ITEMS NEEDED:

1. Ziploc Tupperware or grocery bag
2. To Go Peanut or Nut Butter
3. Granola or Fruit Bar
4. Apple Sauce or Fruit/Veggie Sauce Pack
5. Crackers— goldfish, cracker sandwiches
6. Raisins or Fruit Snack/Strip
7. Trail Mix
8. Non-perishable/Non-Expired can of food or boxed macaroni

WHAT TO DO:

1. Purchase items or Find Items in your Pantry
2. Start with a Ziploc bag or grocery bag
3. Pack bag with items .Ensure there is enough for a meal, and leftover for a meal or snack later (box or can of food)

ADDITIONAL IDEAS:

- Add coloring book or educational activity
- Add silverware, wet wipes, hand sanitizer
- Include several non-perishable/non-expired canned or boxed foods for meals later on.

Lunch
Box Ideas



**NO
HUNGER
SUMMER**

It's food that's In when school is out.

Delivery

Once your DIY volunteer projects are complete, please deliver to your local Helpline Center Office in Brookings (619 5th Avenue), Rapid City (529 Kansas City Street #201), or Sioux Falls (1000 N. West Ave #310). Or call 211 for a list of are non-profits accepting DIY projects. Questions call 211 or email vol@helplinecenter.org

Promote

Share your experience with the Helpline Center, as well as your family and friends by posting your photos & experience on our **Facebook** page or **Twitter @HelplineCenter** with hashtag **#DIYVOLSD**

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