

# **Getting Started**

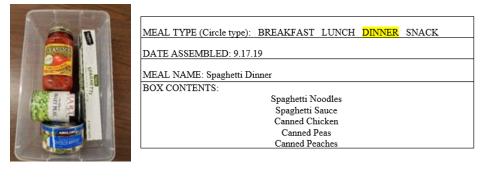
Gather your supplies. You will need:

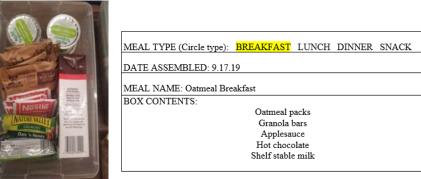
- Shoe boxes or similarly sized boxes.
- Box labels (attached in this packet)
- Food supplies Please refer to the pantry pack menu page to choose which meal items you will include in your pantry pack. Although package sizes vary depending on brand, each box should contain **at least** four servings of each meal item.

## Assemble Your Pantry Packs!

- Place your food items in the box
- Fill out your pantry box label and tape it on to the side of your box. Labels are included in this packet.
- Give yourself a pat on the back! You're doing important work!

When you're finished your box and label should look like the examples below.  $\bigcirc$ 





# **Donating Your Pantry Packs**

When you're finished you can drop off your pantry packs at 1101 E. 3rd Avenue (Bean's Cafe) Monday through Friday from 8:00 AM to 3:00 PM. Please email info@beanscafe.org if you have any questions. Thank you!

> 1020 E. 4<sup>TH</sup> AVENUE • ANCHORAGE, ALASKA 99501 P: (907) 433-8601
> • E: INFO@BEANSCAFE.ORG www.beanscafe.org



# **Pantry Pack Menu**

All meal items listed can be found at Fred Meyer or Costco for under \$10 per box. Although package sizes vary depending on brand, each box should contain **at least** four servings of each meal item.

### **Dinner Pantry Packs**

#### Creamy Shells with Tuna

- 1 pack Pasta shells (any shape)
- 1 jar Alfredo sauce
- 2 cans Tuna
- 1 can -Peas or other canned veg
- 1 can fruit

#### Spaghetti dinner

- 1 pack Spaghetti noodles
- 1 jar Spaghetti sauce
- 1 can Canned chicken
- 1 can veg
- 1 can- Fruit

#### Chicken Chili

- 1 can Chicken
- 2 cans Beans
- 1 can Stewed tomatoes
- 1 packet Chili Seasoning
- 1 can -Fruit
- 1 can Corn
- 1 pack Crackers

#### Chicken Taco Soup

- 1 box -Chicken Broth
- 1 can beans
- 1 packet Taco seasoning
- 1 can Corn
  - 1 can Diced tomatoes
- 1 can Chicken
- 4 servings Chips or crackers
- 1 can Fruit

#### <u>Chili Mac</u>

- 2 boxes Mac and Cheese
- 1 can Chili
- 1 can Corn
- 1 can Fruit

#### Chicken Alfredo

- 1 can Chicken
- 1 package Fettuccini noodles
- 1 jar Alfredo sauce
- 1 can Veggies
- 1 can Fruit



# **Breakfast Pantry Packs**

#### <u>Cereal</u>

- 4 servings Individual cereal cups
- 4 servings Fruit cups, dried fruit, or canned fruit
- 4 packs Hot chocolate
- 4 servings Shelf stable milk
- 4 Granola bars

#### Hash Browns and Sausage

- 4 servings Shelf stable hash browns
- 4 servings Vienna Sausages
- 4 servings Fruit cups, dried fruit, or canned Fruit
- 4 packs Hot chocolate
- 4 servings Shelf stable milk

### Lunch Pantry Packs

#### <u>Soup</u>

- 2 cans Soup or stew
- 4 servings Crackers
- 4 servings Dried fruit, fruit cups, or canned fruit
- 4 Granola bars

#### Tuna and Crackers

- 2 cans Tuna
- 4 servings crackers
- 4 servings Canned fruit, fruit cups, or dried fruit

#### <u>Oatmeal</u>

- 4 individual packs- Oatmeal
- 4 servings Fruit cups, dried fruit, or canned fruit
- 4 Granola Bars
- 4 individual packs Hot chocolate
- 4 servings shelf stable milk



### Pantry Pack Labels

MEAL TYPE (Circle type): BREAKFAST LUNCH DINNER

DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS:

### MEAL TYPE (Circle type): BREAKFAST LUNCH DINNER

DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS:

MEAL TYPE (Circle type): BREAKFAST LUNCH DINNER

DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS: