



## 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. ☺



MEAL TYPE (Circle type):	BREAKFAST	LUNCH	<b>DINNER</b>	SNACK
DATE ASSEMBLED:	9.17.19			
MEAL NAME:	Spaghetti Dinner			
BOX CONTENTS:	Spaghetti Noodles Spaghetti Sauce Canned Chicken Canned Peas Canned Peaches			



MEAL TYPE (Circle type):	<b>BREAKFAST</b>	LUNCH	DINNER	SNACK
DATE ASSEMBLED:	9.17.19			
MEAL NAME:	Oatmeal Breakfast			
BOX CONTENTS:	Oatmeal packs Granola bars Applesauce Hot chocolate Shelf stable milk			

## 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](mailto: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](mailto:INFO@BEANSCAFE.ORG) [www.beanscafe.org](http://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

#### Chili Mac

- 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**

### Cereal

- 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

### Oatmeal

- 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

### 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**

### Soup

- 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



## Pantry Pack Labels

MEAL TYPE ( Circle type): BREAKFAST LUNCH DINNER

DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS:

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DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS:

MEAL TYPE ( Circle type): BREAKFAST LUNCH DINNER

DATE ASSEMBLED:

MEAL NAME:

BOX CONTENTS: