

Unite to fuel Change



Greater Twin Cities
United Way

Assemble Healthy Snack Packs

Children are better able to learn when they are not hungry. This Stay-At-Home, family-friendly volunteer project creates a healthy snack for children in afterschool programs.

Healthy Snack Pack Items

- One beverage item (juice box, water, or non-refrigerated boxed milk)
- One cereal item (granola bar, cereal cup, or Nutrigrain bar)
- One protein item (**optional**, beef or turkey stick)
- One non-perishable fruit item (applesauce or fruit cup)
- Napkin
- Spoon
- Place all items into a paper lunch bag (may be decorated)

Please do not include items made from pork or pork byproducts. Avoid items that contain nuts or marshmallows.



Instructions

1. Choose how many packs to assemble (minimum of 24 packs recommended)
2. Purchase items
3. Assemble snack packs
 - If you plan to decorate the lunch bags, perform this step before placing items inside. Use kid-friendly stickers or hand decorate bags with positive messages.
 - Set one of each item inside bag, heaviest items first and lighter items on top.
 - Roll the napkin around the spoon before placing into bag.
 - Fold the top of the bag closed.
4. Contact VolunteerUnited@gtcuw.org for drop-off location instructions

Questions? Contact VolunteerUnited@gtcuw.org