

Assemble Healthy Snack Packs

This Volunteer At Home, family-friendly project provides a healthy snack for children. These can go to children in after-school programs, summer programs or handed out at food shelves to kids as they pickup food with their families.

To Volunteer At Home, email VolunteerUnited@gtcuw.org to get connected to a drop-off location near you!

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. (Optional) Decorate lunch bags. Do this before placing items inside. Use kid-friendly stickers or hand decorate bags with positive messages.
3. Assemble snack packs:
 - 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.