

Kit Assembly Directions

Mobile Meal Kits

- Pack 6-10 of the Food Items listed below in a gallon-sized zip-top plastic bag.
- Pop-top cans are ideal as can-openers are not always available.
- Please feel free to include eating utensils and a beverage (bottle of water, juice box).

Mobile Hygiene Kits

- Pack the Health & Hygiene items listed below in a gallon-sized zip-top plastic bag.

Shopping List

Help our sustainability efforts by donating **reusable grocery bags!**

Food Items

- ___ Beef jerky
- ___ Beef stew
- ___ Breakfast bars
- ___ Canned fruit
- ___ Canned meats
- ___ Canned pastas
- ___ Crackers
- ___ Fruit cups
- ___ Granola bars
- ___ Instant coffee
- ___ Nuts
- ___ Protein drinks
- ___ Protein bars
- ___ Single-serving cereal boxes
- ___ Trail mix
- ___ Tuna/salmon in a pouch

We Care Kit Essentials

- ___ Gallon-sized zip-top plastic bags
- ___ Bottled water, lemonade, tea
- ___ Juice boxes
- ___ Sports drinks
- ___ SPORKS

Health & Hygiene

- ___ Bar soap
- ___ Body wipes
- ___ Deodorant for Men and Women
- ___ Disposable Razors
- ___ First aid travel size kits
- ___ Travel size toothbrush
- ___ Travel size toothpaste

Nice Additions

- ___ Backpacks
- ___ Flip Flops/Slides all sizes
- ___ Socks