

# KIT ASSEMBLY DIRECTIONS

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## 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!

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### 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

Questions? Please email us at [communications@thespfc.org](mailto:communications@thespfc.org)

**SPFC**

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