



Harvest Stand
Ministries

Fight Hunger From Home

Pack Family Food Boxes to fight hunger in our community during the COVID-19 crisis.

Harvest Stand Ministries remains committed to supporting individuals and families in need of food assistance during this COVID-19 virus pandemic. We believe that now more than ever, we are being called to band together and help our neighbors. Many people have called our office and asked, "How can I help?" We invite you and your family to **help from home** by packing Family Food Boxes.



A generous donor will be providing a \$10 donation to Harvest Stand for every Family Food Box donated. **The more boxes you pack, the more people we can help during this crisis!**

How to Pack a Family Food Box

Please see the reverse side of this sheet for detailed instructions!



Step 1:
Prepare



Step 2:
Pack



Step 3:
Drop Off



Step 4:
Tell Your Friends

Thank you for helping us ensure that everyone in Zeeland and surrounding townships has the food they need to weather this crisis.

Questions? Please contact Madelyn at madelyn@harveststand.org or **616.748.6003 ext. 4.**

Family Food Box Packing Instructions

Step 1: Prepare

- Find a sturdy box (13"W x 20"L x 12"H).
- Gather the food items from the list below (please ensure your items are not expired).
- If you don't have boxes, bring the items in bags. We will box them!

Step 2: Pack

- Wash hands well (for at least 20 seconds) prior to packing and pack in a clean environment. (If anyone in your family is feeling sick, please don't participate at this time.)
- Use our food list to pack each box, placing the heaviest items on the bottom.
- Close the flaps or cover of your box, but do not seal the box.
- If you would like to decorate the box or write a personal note of encouragement, please do!

Step 3: Drop Off

- Tape the complete checklist and contact card to the top of your box so we can thank you!
- Bring your boxes to our office between 9:00 a.m. and 3:00 p.m., Monday – Thursday.
*100 South Pine Street, Suite 100
Zeeland, MI 49464*

Step 4: Tell Your Friends

- Tell others about how they can help Fight Hunger From Home during these uncertain times.

Thank you for helping us ensure that everyone in Zeeland and surrounding townships has the food they need to weather this crisis.

Any questions? Please contact Madelyn at madelyn@harveststand.org or 616.748.6003 ext. 4.



CUT AND ATTACH TO THE TOP OF THE BOX YOU HAVE PACKED

Examples of what to pack for each food category are listed in italics.

☐ Grains (3 Items)

Dry pasta, macaroni & cheese, rice

☐ Fruit (4 Items)

Fruit cups, canned pineapple/mandarin oranges, applesauce

☐ Protein (4 Items)

Peanut butter, canned tuna/chicken/meat

☐ Soups (3 Items)

Single-serving soups, kid-friendly soups, chunky soups

☐ Condiments (3 Items)

Ketchup, mustard, mayo, salad dressing, jelly/jam

☐ Cereal (2 Items)

Dry cereal, oatmeal, pancake/waffle mix

☐ Vegetables (5 Items)

Potatoes, instant potatoes, canned tomatoes/peas/carrots

☐ Snacks (2 Items)

Granola bars, crackers, individually-wrapped items



We want to know who to thank!
Please fill in your contact information:

Name(s)

Phone

How many boxes have you packed? _____

Address

Email