

Meal Kits for Neighbors in Need



These easy-to-prepare meal kits contain all the ingredients needed to create a complete family meal. They help reduce stress for families facing food insecurity by making meal preparation simple, affordable, and accessible.

How it Works

Community groups, businesses, schools, churches, scouts, teams and families can participate by:

1. Purchasing meal kit ingredients in bulk
2. Hosting volunteer packing events
3. Assembling complete meal kits
4. Delivering the finished kits to our pantry

To sponsor a meal kit project or organize a packing event, please contact Heather Fray at heatherfray@ballantynefamilies.org

Things to Know

- Meal Kit options: Chicken and Dumplings & Easy Dump Chili
- Recipe cards provided via email so you know exactly what to purchase.
- Each kit costs approximately \$10 to assemble.



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Directions for Assembly

- Decide which meal kit and how many you would like to assemble.
- Contact Heather Fray for the recipe card. After receiving recipe card via email, print the number of cards you need for your kits.
- Purchase ingredients listed on recipe card. Purchase number of each ingredient needed to make X amount of bags.
- Make sure no cans are expired. No glass please!
- Purchase 2 gallon size ziplock bags. All ingredients and recipe card will go inside.
- Fill each ziplock bag with the items needed to make the meal. Include recipe card as well.
- Contact Heather Fray to arrange delivery at the food pantry.

Contact

heatherfray@ballantynefamilies.org

www.ballantynefamilies.org

