

# FOOD PAK

## Shopping List

Items and Sizes	1 Food Pak	4 Food Paks
Package of spaghetti (16 oz)	1	4
Can of tomato sauce (15 oz)	1	4
Can of vegetables (15 oz)	1	4
Can of black or pinto beans (15 oz)	1	4
Can of tuna (5 oz)	1	4
Gummy fruit snacks (1.5 oz)	3	12
Box of raisins (1 oz)	3	12
Fruit/applesauce squeeze pouch (3.2 oz)	2	8
Breakfast/cereal bars (1.3 oz)	4	16
Peanut butter to-go cups (1 oz)	3	12
Pouch of cookies or crackers (1 oz)	2	8

Include all items on the list in each Food Pak, in the quantity and size indicated. When possible, purchase easy-open cans. No glass jars, please.



To view the shopping list or how-to videos on your mobile device, scan or visit:  
[chf.link/projectfoodpak](https://chf.link/projectfoodpak)

Thank you for your generosity toward children and families in need across America. ♥

## HOW TO FILL YOUR FOOD PAK



## Project FOOD PAK ♥

## Shopping List



CHILDREN'S HUNGER FUND.

# WELCOME TO



## THANK YOU FOR PARTICIPATING!

By filling a Children's Hunger Fund Food Pak, you are helping to deliver hope to a suffering child. The Food Pak will provide meals to a child in need in the US.

A Food Pak will be delivered to each child in the home by a pastor or church volunteer in their local community. Food Paks open the door for relationships to form, allowing the gospel message of hope to be shared.



# Deliver hope in 5 steps!

## 1. SHOP

Use the Food Pak shopping list to shop for items that will provide meals to a family in need.

## 2. PACK

Pack the items into the Food Pak. Lid should be snug when closed. *Please do not tape any part of the box.*

## 3. PROVIDE

Please place in filled box or provide online:

1. Your Participant Form.
2. We kindly request an \$8 donation for each Food Pak filled, to cover distribution costs.

## 4. PRAY

- Pray for the family that will receive the box.
- Pray for the pastor or church volunteer who will deliver it.

## 5. RETURN

- If you are participating in a group project, return your filled Food Pak(s) to your group coordinator.
- If you are packing boxes as a single household, seal your Case Pak(s) closed with packing tape and attach the return shipping label over the pre-existing label. Drop off at any UPS center.

## Participant Form

Information for adults only, please (18 and older).

Number of Food Paks Filled \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Church Name \_\_\_\_\_

Donation Enclosed \$ \_\_\_\_\_

Cash  Check # \_\_\_\_\_  Online

- \$8 per Food Pak covers distribution costs. Thank you.
- Make checks payable to: Children's Hunger Fund
- You may enclose one check for multiple boxes



To donate online,  
scan or visit:  
[chf.link/pfpdonate](https://chf.link/pfpdonate)

Donations to Children's Hunger Fund are tax-deductible. We will mail you a receipt for your enclosed donation. You can also save your grocery receipt to file with your taxes.