



Service Project: Family Food Boxes

Ages	Budget (per box)	Time (per box)	Audience
6 and up	\$10 – 15	5 min + shopping or asking for donations	Families quarantined due to COVID-19

Background	
<p>Daily Planet Health Services (DPHS) provides care to families who have been hardest hit by the pandemic. Often times they cannot afford to miss work because they are paid hourly or day to day, which puts additional stress on them to work even when sick, increasing the chance of COVID-19 spreading.</p>	<p>When a family in need must quarantine or isolate, we provide these food boxes to ease their burden.</p> <p>These boxes are a way you can provide some food security as well as small treats to show that the community cares about the health and wellbeing of our clients and their families.</p>

Suggested Materials (per kit)	
<p>Shelf-stable, non-refrigerated items including:</p> <ul style="list-style-type: none"> • Pasta • Pasta or tomato sauce • Rice • Peanut butter • Jelly, honey or syrup • Boxed cereal • Oatmeal • Powdered milk • Powdered eggs • Canned vegetables • Canned fruit • Canned soup • Bouillion cubes • Canned meat (tuna, chicken, ham, etc.) • Potato flakes 	<ul style="list-style-type: none"> • Baking mix (Bisquick, etc.) • Sugar • Salt and pepper • Juice • Drink mixes (instant coffee, tea, Tang) • Crackers, pretzels, chips • Granola or fruit bars • Dried fruit • Comfort/stress foods (cookies, candy) • Bleach • Laundry detergent • Paper towels • Toilet paper

Instructions	
<p>Based on your budget, choose items from list above and package in a cardboard box or grocery bag and bring to 517 W. Grace Street, Richmond, VA 23220.</p> <p>Call (804) 783-2505 when you arrive and someone will come to your car to accept the donation.</p>	<p>Optional: Enclose a note of encouragement or a small piece of your art as a surprise for the recipient.</p> <p>Questions: Send an email to Advancement@dailyplanetva.org.</p>