

Step 2: Choose Your Meal(s)

Take a look at the meal ideas provided below and choose one or more for your group to assemble. You can also create a variation of one of the meals listed, or come up with your own idea. As you select your meal(s), remember that **each ingredient must be shelf stable and factory sealed**. Also do your best to make sure the kit is complete and does not require any additions besides water. Some baking or sauce pouches call for milk, eggs, and/or oil, and if you are using those, you need to include shelf-stable versions of those ingredients. If you have any questions about a meal you're planning, please let us know.

It's up to you how many meal kits you assemble. We appreciate any that you can provide!

Step 3: Gather Your Supplies

You could purchase everything yourself, or you and your participants could divide the purchase of supplies among the group. You could also consider holding a donation drive for the supplies; people in your family, work, or community circles may be eager to contribute to your project.

As you make your list of needed supplies, remember that you will need:

- **Meal ingredients** - all the items needed for your selected meal(s): canned foods, pasta, rice, spice packets, sauce pouches, etc.
- **Bags to pack your meal kits in** - Medium sized paper bags with handles are ideal to store on our pantry shelves. Large ziplock bags can also be used. Please make sure the meal kit will fit completely in the bag you select.
- **Tags, stickers, and/or permanent markers for labeling** - we like to have the meal name visible on the outside of the bag.
- **Recipe cards or printouts** - we encourage you to tuck a recipe inside each kit. The recipes can be printed out or handwritten.



Step 4: Host your Meal Kit Assembly event!*

Tips for making your event a success:

- Double check to make sure you have all the supplies you need.
- Consider cooking one of your meal kit recipes for you and your volunteers to sample.
- Remind your volunteers about InterAct's services and the importance of what you're doing.
- Encourage your volunteers to add some personal touches to the kits.
- Have some sturdy boxes or bins handy to collect your completed meal kits.

**We may be able to host your Meal Kit Event here at InterAct - Contact us at volunteer@interactofwake.org to find out!*

Step 5: Deliver Meal Kits to InterAct

Email us at volunteer@interactofwake.org to arrange to drop off your completed Meal Kits. We would love to be available to take a picture with you and thank you in person!



Meal Kit Ideas:



Taco Soup

- Can of black beans
- Can of corn
- Can of tomato soup
- Can of petite diced tomatoes (spicy if you like it)
- Packet of taco seasoning
- Bag of Fritos
- Optional - small can of diced olives

Drain the corn, beans, and olives (optional) and stir them together in a big pot along with the crushed tomatoes, tomato soup, and taco mix. Heat thoroughly and serve with corn chips.



Chicken Alfredo

- Can of chicken
- Alfredo sauce
- Packet of Italian seasoning (optional)
- Favorite pasta

Cook the pasta according to directions. As the pasta cooks, mix the sauce, seasoning, and drained chicken meat. Serve the heated sauce over cooked pasta.



Chicken Noodle Soup

- Chicken Broth
- Can of chicken
- Can of Carrots
- Egg noodles
- Dehydrated onion soup packet
- Saltine crackers

Cook the pasta in the chicken broth. Stir in the soup packet. Lower the temperature, add carrots and chicken, and heat through. Serve with crackers.



Shepherd's Pie

- Instant mashed potatoes
- Packet of brown gravy
- Can of meat
- Can of sliced carrots
- Can of peas

Cook mashed potatoes according to package. Make gravy according to package. Combine meat, veggies and gravy. Put in the bottom of a pan and cover with mashed potatoes. Bake at 450 degrees for 15-20 minutes.



Creamy Chicken

- Instant mashed potatoes (can use rice or pasta)
- Can of chicken
- Can of cream of chicken
- Packet of Italian seasoning (not pictured)

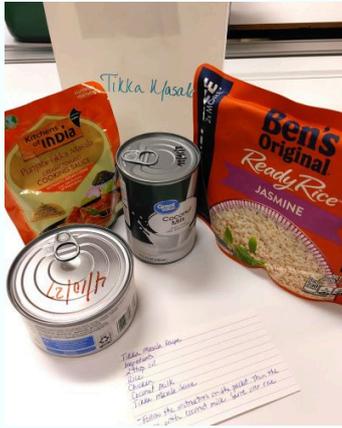
Cook potatoes according to package. Combine chicken, soup and seasoning. Serve over mashed potatoes.



Pizza

- Pizza crust mix
- Sauce
- Can of meat

From <https://lifewithsimplyheidi.com/shelf-stable-meals-in-bags/>
There is shelf stable pepperoni so you can store ingredients for pepperoni pizza as well, which would require some shelf stable cheese. I went with a bbq pizza without cheese.



Tikka Masala

- Rice
- Can of chicken
- Tikka Masala sauce
- Can of coconut milk
- Can of garbanzo beans (not pictured)

Cook rice. Heat the sauce along with the chicken and drained garbanzo beans. Add coconut milk to the sauce until it tastes how you like it. Serve over rice.



Spaghetti

- Pasta
- Spaghetti sauce
- Can of meat - beef or chicken
- Shaker parmesan cheese

Cook the pasta according to directions. Heat the sauce and drained meat. Serve the sauce over hot pasta and top with parmesan cheese.



Chicken Pot Pie

- Pizza crust mix
- Can of corn
- Can of sliced carrots
- Can of peas
- Cream of chicken
- Can of chicken

Mix pizza crust according to directions on package. Combine all remaining ingredients in a baking dish. Spread pizza crust over the top. Bake at 425 for 15-20 minutes or until golden brown.



Cleaning Kit

- Various cleaning sprays and soaps
- Cleaning cloths, sponges, brushes, dusters
- Plastic gloves
- Cleaning bucket to put it all in

The variety of cleaning supplies is up to you! Think about what you would need if you were out of all your cleaning supplies or were moving into a temporary space.