

Helping from Home or Work: Making Snack Bags for Hungry Kids

Every week, Baltimore Hunger Project prepares and delivers **more than 1,500 weekend meal bags** to kids in the Baltimore region. We also need snack bags as an additional food supplement. Bags can be prepared off-site by volunteers and dropped off for distribution.

Choosing the Right Bag

Snacks should be placed in transparent gallon zip storage bags **ONLY**.

Buying and Packing the Snacks

There is a very specific formula to a snack bag:

1 small water bottle + 1 Goodie + 2 Healthy Snacks + 2 Protein Snacks

Please take a look at the list at right for snack ideas in each category. You may choose other snack items that are not on the list, however please choose only **shelf stable, individually wrapped** snack items.



Snack Bag Dos and Don'ts

- DO** follow the formula above for the right mix of items in a bag.
- DO** place the snacks in gallon-sized zip-top storage bags **ONLY**.
- DO** choose snacks that are individually wrapped by the manufacturer.
- DO** include a plastic spoon for snacks that cannot be eaten by hand.
- DO** email Noreen@baltimorehungerproject.org for drop-off.

- DON'T** create your own individual ziploc bags of snack foods.
- DON'T** choose delicate snacks that can smush/crumble too easily.
- DON'T** make/bake snack items. Snacks must be store bought.



Sample Goodies (include one):

Candy
Rice Krispie Treat
Pop-Tarts
Cheez-its
Cookies
Cheetos/Puffs
Snack Cake (Twinkie, etc.)

Sample Healthy Snacks (include two):

Applesauce (pouch only)
Kind Bars
Granola Bars
Goldfish
Cereal boxes/bowls
Fruit Snacks/Fruit Roll-ups
Pretzels
Wheat Thins
Teddy Grahams
Popcorn

Sample Protein Snacks (include two):

Beef jerky
Peanut butter crackers
Cheese 'n crackers
Trail Mix
Protein Bar

Delivering Your Snack Bags:

Once completed, snack bags may be dropped off at our NEW location:

Baltimore Hunger Project
9596 Deereco Rd.
Timonium, MD 21093

Hours of operation can vary, so please send an email to arrange a time for drop-off.