

PANTRY BOX INSTRUCTIONS



What is a Pantry Box? A Pantry Box is an assortment of non-perishable food items packed into decorative shoeboxes. The boxes are delivered to our Home Delivered Meal recipients in the event that food deliveries are halted due to weather related or other emergencies. Volunteers prepare and donate pantry boxes.

NOTE: Boxes accepted January-March and September-November

Pantry Boxes MUST be assembled according to the instructions with all components included

Completed boxes can be brought to



**Meals on Wheels
121 West Nyack Rd. Nanuet
Monday-Friday 9:00am-2:00pm**

-INSTRUCTIONS-

1. Collect non-perishable food. You may collect from family and friends, at school or places of worship or at grocery stores (with a certificate of liability from Meals on Wheels). You may also purchase the food yourself.
 2. Collect shoeboxes (or shoebox size boxes) only – **PLEASE DO NOT USE BOOT BOXES OR LARGE SHOEBOXES.** You may also use decorative file type boxes.
 3. Gift wrap (non-holiday) the top and bottom of each shoebox separately so that they may be easily opened.
 4. Fill each shoebox with non-perishable items according to the requirements listed on the next page. You may also include a note or card.
- **PLEASE INCLUDE NO MORE THAN ONE ITEM FROM EACH OF THE FOOD CATEGORIES ON NEXT PAGE.**
 - **SENIOR RECIPIENTS NEED TO BE ABLE TO HANDLE AND EASILY LIFT BOXES, SO STAYING WITHIN THE SIZE AND QUANTITY LIMITS IS IMPORTANT.**
 - **IDEAL MINIMUM EXPIRATION DATE IS 6 MONTHS FROM DROP-OFF**

****NOTE WE CANNOT ACCEPT FOOD THAT DOES NOT HAVE AN EXPIRATION DATE LISTED OR THAT IS EXPIRED****



MEALS on WHEELS
ROCKLAND

PANTRY BOX INSTRUCTIONS

Include no more than one item from each category

<input type="checkbox"/> VEGETABLE Any canned vegetable (low sodium only)	<input type="checkbox"/> FRUIT Any canned fruit (packed in its own juice or water) Raisins or other dried fruit
<input type="checkbox"/> SOUP Low sodium chunky soups Low sodium vegetable soups (tomato, minestrone) No plain broth, please	<input type="checkbox"/> STARCH Pasta Oatmeal packet Individual macaroni & cheese Individual rice packets
<input type="checkbox"/> BEVERAGE (individual sized) Shelf stable boxes of milk or milk alternatives, preferably 8oz.	<input type="checkbox"/> PROTEIN Canned chicken Canned tuna or salmon Peanut Butter (no sugar added)
<input type="checkbox"/> CONDIMENT (optional) Jam/jelly (no sugar added) Small containers of mustard, Ketchup or mayonnaise Honey or light dressing	<input type="checkbox"/> DESSERT (optional) Prepacked low sugar, low fat Pudding snacks Granola bar Juice

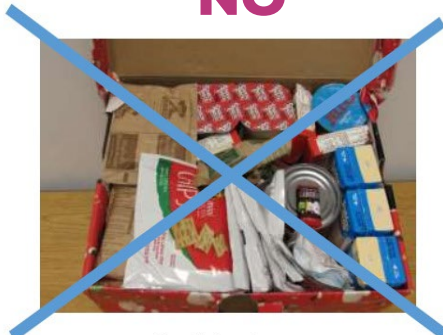
Optional: 1 condiment, 1 dessert, a note or card for the senior

YES



Shoe box ☺
no more than the required item

NO



Box is too Large
Too many items
Box is too heavy

Need community services hours?

We credit 1 service hour for each
pantry box donated

Questions?

Call: 845-624-6325

Email: jestevez@mowrockland.org

Thank you for carefully following instructions!

If boxes do not contain all required components, they cannot be sent to recipients.
We do not have resources on hand to complete boxes that are not properly assembled.