

Child Crisis Arizona's Fall Food Box Drive Guide

Thank you for choosing to support Child Crisis Arizona by donating Fall holiday meals. We will continue to support our families in need by asking for non-perishable meal kits accompanied with a grocery gift card for families to purchase any perishable foods needed to complete their meals. In addition, we would like to collect 130 teen meal kits to give to the homeless youth in our programs. Please follow the guide below to ensure we provide complete meal kits to our families and teens in an organized and prompt manner.

1. Meal kits will be accepted by **Nov. 3rd-Nov. 17th**. Please **schedule a delivery date and time** with: Courtney Naujokaitis.

Email: courtney.Naujokaitis@childcrisisaz.org

Phone: 602.926.9134

2. Please use the provided **checklists to create a meal kit or teen meal kit**. There are suggested quantities per category to ensure everyone receives similar food boxes. You may improvise, but be sure to include items from each category. As you are purchasing items, please keep in mind that each kit should be able to feed a family of four or more for family food boxes. Teen food boxes are for individual homeless youth.

3. Please box each meal kit separately. **Label the food box FAMILY or TEEN**. This allows our staff to be able to distribute the food boxes as quick as possible.

4. **Please make sure each gift card has its dollar amount on it**, once all gift cards are collected place all gift cards in a sealed envelope with the total amount on the outside of the envelope.

Thank you for your assistance. Happy shopping and prepping. We look forward to working with you!

Our Sincerest Gratitude,



Child Crisis Arizona
Safe kids. Strong families.

Child Crisis Arizona's Fall Food Box

Checklist for families

In addition to providing a holiday meal, help Child Crisis Arizona provide staple foods families can enjoy even after the holiday ends. Please use the checklist below to assemble a food box that will feed a family of four or more this holiday season.

Main Course- One gift card per food box

- \$25-\$50 Grocery Store Gift Card

Canned Fruits & Vegetables

Please include 4 canned good per food box.

- Yams
- Corn
- Pea
- Green Beans
- Asparagus
- Mixed Vegetables
- Pineapples
- Apples
- Peaches
- Mixed Fruit
- Tomatoes

Carbohydrates- Please include 2 Carbs per food box.

- Dried Pasta
- Instant Potatoes
- Boxed Stuffing
- Rice



Sweets- Please choose at least 1 per food box.

- Package of Cookie Mix
- Package of Brownie Mix
- Box of Cake Mix & Container of frosting
- Jiffy or Betty Crocker Just add water
- Pie Crust Mix & Canned Pie Filling

Spices & Extras- Please included all spices per food box

- Salt, Pepper, Sugar
- Packages of Gravy Mix
- Canned Cranberry Sauce

Pantry Favorites- Please provide at least 3 additional food items per food box.

- Cereal
- Popcorn
- Just add water pancake mix
- Peanut butter
- Whole Wheat Crackers
- Granola Bars Canned Soups
- Powdered Milk
- Boxed Macaroni & Cheese
- Dry or Canned Beans (Pinto, Black & Refried)
- Canned Meats (Spam, Tuna, Chicken, Salmon)
- Pasta Sauce

We appreciate your support. If you'd like to organize a Fall Food Box donation drive with your company, church, civic group or family and friends, please contact Courtney Naujokaitis to get started and schedule a drop off date and time.

Courtney.naujokaitis@childcrisisaz.org | 602.926.9134

Child Crisis Arizona's Fall Food Box

Checklist for teens

Help Child Crisis Arizona provide accessible and easily prepared food for homeless and foster youth. Please use the checklist below to assemble a food box that will feed a teen beyond the holidays.

Perishable Gift Card- One gift card per food box

- \$30 Grocery Store Gift Card

Microwaveable Vegetables & Fruit cups

Please include 1 veggie and 1 package of fruit cups.

- Mixed Vegetables
- Corn
- Canned beans
- Peas and carrots
- Mixed Fruit
- Mandarin Oranges
- Applesauce
- Diced Peaches



Gains & Protein- Please include 2 per food box.

- Microwaveable/canned soups
- Microwaveable pasta with canned sauce
- Microwaveable mac & cheese
- Loaf of bread
- Canned tuna or chicken



Sweets- Please choose at least 1 per food box.

- Poptarts
- Packaged goods (twinkies, oatmeal pies)
- Just add water mug cakes or brownies
- Fruit snacks
- Cookies

Breakfast- Please include 2 per food box

- Cereal cups
- Just add water pancake mix
- Oat meal cups

Snacks- Please provide at least 3 snacks.

- Chips
- Beef Jerky
- Popcorn
- Cheese-itz
- Peanut butter and Jelly
- Granola bars
- Graham crackers
- Saltine crackers
- Trail Mix
- Tortillas

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