



HEALTHY MEAL KIT

All the ingredients you need to make a healthy meal tonight!

JUST GRAB-N-GO!



How Can You Help?

We'd love your help in sustaining this initiative!

DID YOU KNOW?

- The Waconia United Food Shelf currently services approximately 250 families per month
- Our Healthy Meal Kit program contains all the ingredients for one main course in a pre-packaged bag
- They are nutritious as we've partnered with a dietician from Carver County Public Health and easy to prepare

HOW CAN YOU HELP?

- **Sponsor our Healthy Meal Kits** for a month (\$750) – upcoming meals include Beef Tacos and Fajitas, Pasta Primavera, and more.
- **Collect and donate new cooking spices.** Eating healthy is easier with flavor! Needed: Onion Powder, garlic powder, Italian Seasoning, cinnamon, basil, parsley flakes, etc.
- **Sponsor a month of fresh produce** (approx. \$450)
- **Collect our most needed food items:** Peanut Butter, canned tuna or chicken, hearty soups, pasta sauce, canned vegetables wheat pasta, gluten-free items

WE'LL RECOGNIZE YOU BY:



- Presenting you with a certificate for your team or business
- Creating a social media graphic to be shared on both the Waconia Food Shelf's Facebook, Instagram as well as shared with you for distribution on your website, social media outlets, too!

WE'D BE THRILLED TO HAVE YOUR HELP!

Contact Angela Rud at 952-451-3343 or angelabrud@gmail.com for more information.