Food Packs

Project Overview:
During holiday breaks, schools do not provide lunch. For students who rely on this resource, access to nutritious food throughout these breaks is vital. The Food Packs project will help members create individual snack packs filled with nutritious, shelf-stable foods for children, families, shelters, schools, and/or community organizations.

Estimated Time
Planning: 1–2 hours
Assembly: 1–3 hours

Estimated Cost
Low–Moderate

Supplies:
Shelf-stable food
Plastic bags
Labels
Encouragement cards
Collection boxes

Before the Project:

1. Find a community partner/get permission from your school.
2. Ask what foods are appropriate.
3. Determine the number of packs needed.
4. Create a supply list.
5. Collect donations or purchase supplies.
6. Reference the Planning Process to help plan out the project

WHERE LEADERS ARE MADE
FCCLA

Food Packs

Steps

1. Sort the donated food
2. Create an assembly line
3. Place the selected items into each bag
4. Add an encouragement card
5. Package the completed packs
6. Deliver them to the respective location
7. Record the number of packs
8. Complete a Community Service Program Award Application

Food Packs

Encouragement Cards

The encouragement card accompanies a food pack to remind someone that they are valued, supported, and not alone. It offers kindness and motivation during difficult times, helping to brighten their day and reminding them to keep going.

Examples:

WISHING YOU A HOLIDAY SEASON FILLED WITH JOY, LAUGHTER, AND SPECIAL MOMENTS! REMEMBER, YOU ARE VALUED, YOU ARE IMPORTANT, AND YOU CAN DO AMAZING THINGS. HAPPY HOLIDAYS!

JUST A LITTLE REMINDER THAT YOU MATTER! YOUR KINDNESS, SMILE, AND UNIQUE TALENTS MAKE THE WORLD A BETTER PLACE. KEEP BEING YOU, AND HAVE A WONDERFUL HOLIDAY SEASON!

THE HOLIDAYS ARE A GREAT TIME TO REMEMBER HOW SPECIAL YOU ARE. KEEP LEARNING, KEEP GROWING, AND KEEP BELIEVING IN YOURSELF. YOU HAVE SO MUCH POTENTIAL, AND YOUR FUTURE IS BRIGHT!

SENDING A LITTLE KINDNESS YOUR WAY THIS HOLIDAY SEASON! REMEMBER, YOU ARE SPECIAL, YOU ARE CARED FOR, AND YOU MATTER. WISHING YOU A JOYFUL HOLIDAY SEASON!

WHERE LEADERS ARE MADE
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Eating Together

Project Overview:
During the holiday season, many older adults may experience loneliness or have limited opportunities to connect with others. The Eating Together project will help FCCLA members partner with a senior center or community organization to provide a holiday meal and create opportunities for meaningful connection.

Estimated Time
Planning: 1–2 hours
Assembly: 1–3 hours

Estimated Cost
Low–Moderate

Supplies:
Meal supplies
Table decorations
Conversation cards
Games or craft supplies
Thank-you cards

Before the Project:

1. Find a senior center or community partner.
2. Ask about meal programs and participant needs.
3. Determine the number of people attending.
4. Create a supply list and plan a holiday activity.
5. Collect donations or purchase supplies.
6. Reference the Planning Process to help plan out the project.

Please visit
https://fcclainc.org/engage/fcclathetable
for more information!

WHERE LEADERS ARE MADE
FCCLA

Eating Together

Steps

1. Coordinate the holiday meal with the community partner
2. Prepare the meal supplies and activity materials
3. Set up the eating area and decorate the tables
4. Welcome participants and help serve the meal
5. Spend time visiting and participating in holiday activities
6. Clean up and thank the participants and staff
7. Record the number of meals and people served
8. Complete a Community Service Program Award Application

Eating Together

Holiday Meal Ideas

FCCLA members can prepare a holiday meal, assemble meal kits, or coordinate with a senior center to provide a festive meal. Work with the community partner to determine the menu, number of servings, dietary needs, and food safety requirements.

Main Dishes

Baked ham
Roasted turkey
Roast chicken
Meatloaf
Lasagna

Drinks

Apple cider
Hot chocolate
Coffee or tea
Water

Desserts

Pumpkin pie
Apple pie
Sugar cookies
Brownies
Fruit salad

Side Dishes

Mashed potatoes and gravy
Green bean casserole
Macaroni and cheese
Stuffing
Roasted vegetables
Dinner rolls

WHERE LEADERS ARE MADE
FCCLA

Eating Together

Conversation Cards

Use these questions during the holiday meal to help FCCLA members connect with seniors, share memories, and learn about holiday traditions.

Examples:

WHAT IS YOUR FAVORITE HOLIDAY TRADITION, AND WHY IS IT SPECIAL TO YOU?

WHAT IS ONE OF YOUR FAVORITE HOLIDAY MEMORIES FROM WHEN YOU WERE YOUNGER?

WHAT FOOD DO YOU LOOK FORWARD TO EATING MOST DURING THE HOLIDAYS?

WHAT ADVICE WOULD YOU GIVE TO A YOUNG PERSON DURING THE HOLIDAY SEASON?

WHAT IS ONE ACT OF KINDNESS SOMEONE HAS DONE FOR YOU THAT YOU WILL ALWAYS REMEMBER?

WHERE LEADERS ARE MADE

FCCLA

Food Drive

Project Overview:
A food drive is an easy way for FCCLA chapters to help their communities during the holidays. Chapters collect nonperishable food and may host events where admission is $5 or three cans of food. Donations go to a local food bank to support families experiencing food insecurity.

Estimated Time
Planning: 1–2 hours
Collection: 1–4 weeks
Optional Event: 2–4 hours

Estimated Cost
Low

Supplies:
Collection boxes
Signs
Tracking Sheet
Event Supplies (if applicable)

Before the Project:

1. Identify a local food pantry, shelter, or nonprofit.
2. Contact the organization before beginning the drive.
3. Ask:
    a. What foods are most needed?
    b. Are there foods they cannot accept?
    c. When can donations be delivered?
4. Determine where collection boxes will be placed.
5. Reference the Planning Process to help plan out the project

WHERE LEADERS ARE MADE
FCCLA

Food Drive

Steps

1. Promote the food drive
2. Set up collection boxes
3. Encourage donations (use an incentive)
4. Sort and inspect food
5. Count or weigh donations
6. Deliver food and thank donors
7. Record the chapter's impact
8. Complete a Community Service Program Award Application

Food Drive

Optional Event

Chapters can host an event to encourage additional food and monetary donations while raising awareness about food insecurity in their community.

Examples:

Host a holiday dance with admission of $5 or three cans of food.

Hold a classroom or school-wide food collection competition.

Organize a community game night with canned food as admission.

After the Optional Event:

1. Combine event donations with the chapter's food drive collection.
2. Donate all collected food and monetary proceeds to the local food bank.
3. Record the additional donations collected through the event.

WHERE LEADERS ARE MADE
FCCLA

Food Drive

Suggested Collection Categories

When collecting donations, please make sure that all donated items are nonperishable, not expired, and are safe to store and distribute to families in need.

- Canned vegetables
- Canned fruits
- Canned beans
- Canned soups
- Canned meat and fish
- Grains and pasta
- Rice
- Breakfast foods
- Peanut butter
- Shelf-stable proteins
- Boxed meals
- Pasta sauce
- Crackers and snacks
- Other items requested by the partner

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