



## Snack Packing Guide

Thank you for helping pack snacks for local school children to help them through long weekends. Here are so guidelines that we have been asked to follow as well and tips that we have found useful through the years of helping in this way.

1. The larger brown paper lunch bags hold the most food. Target and Wal-Mart both have them; they sit on the shelf right next to the standard size brown paper bags and come in a pack of 50.
2. Bags that have pictures and words of encouragement (you've got this, thinking of you, you are special, you are important to me), friendship and love help bring a smile to the face of the receiving child. If you can, please spend time decorating the bags; a message of encouragement can really go a long way.
3. Items going into the bags MUST to be **non-perishable** and **nut-free**. Some ideas: Utz Pretzels, Barnums Animal crackers, Graham crackers, Skinny Pop original popcorn, Veggie Straws (Sensible Portions Sea Salt ONLY), Nabisco Ritz Original, Made Good bars, small boxes of cereal, meat sticks, and raisins. Please try to avoid sugary items.
4. When the bags are packed, please fold over the top and use a small piece of tape or staple to seal the bag (so the contents don't spill out in the transport to the school or in the backpack home with the child).
5. Please deliver the bags the bags by the first of the month. Radical Love will contact you with delivery instructions, as we are serving many groups each month. Thank you!

### **We often share this message with our children as we prepare to help others:**

The kids that we are helping today are like you in so many ways. The kids we are helping love to play soccer and kickball; they love art and music, watching movies and spending time with their families and friends. They even fight with their siblings every once in awhile. You have so much in common with these kids that we are helping. Sometimes, families just need a littler extra help with things like buying food, school supplies or winter gear. By working together, we can make our community stronger. By looking out for one another, just like what we are doing today, we are helping another child have food to eat over the long weekend. You are a helper and a difference maker. Always look for the helpers, and whenever possible, be the helper!