

# MAKE A MEAL KIT FOR THE HOWARD COUNTY FOOD BANK!



## SHOPPING LIST

### Pasta Primavera

- 6 oz. box of spaghetti
- 15 oz. can of mixed vegetables
- 14.5 oz. can of diced tomatoes w/ Italian Seasoning
- 14.5 oz. can of green beans
- 12.5 oz. can of chicken



**MAKING A MEAL KIT AS A FAMILY IS A GREAT WAY TO TEACH CHILDREN ABOUT FOOD INSECURITY AND GIVING TO OTHERS IN NEED.**

### It's easy to do:

- Buy the ingredients
- Place items in a paper bag
- Staple the bag with the recipe directions
- Schedule a tour of the Howard County Food Bank
- Drop off meal kit

### CAC'S MISSION:

*To diminish poverty and enable self-sufficiency for all Howard County individuals, families, and children in need.*



### DROP OFF LOCATION:

Howard County Food Bank  
9385 Gerwig Lane, Unit J  
Columbia, MD 21046

Monday - Friday 8:30am - 4:30pm

Schedule a tour with our Volunteer Coordinator  
[cmellberg@cac-hc.org](mailto:cmellberg@cac-hc.org) | 410-313-0703

[www.cac-hc.org](http://www.cac-hc.org)



Community Action Council  
of Howard County

*Fold and Staple Here*

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of Howard County

## COMPLETE MEAL IN A BAG

### Pasta Primavera

Directions:

- Cook pasta according to package directions.
- Once pasta is cooked and drained, combine undrained tomatoes and drained green beans and bring to a boil.
- Drain liquid from mix vegetables and chicken.
- Stir in vegetables and chicken and heat through.

*Fold & staple this flyer to the bag.  
Similar to this.*



**Packed with love by:** \_\_\_\_\_ **Date:** \_\_\_\_\_



# MAKE A MEAL KIT FOR THE HOWARD COUNTY FOOD BANK!



## SHOPPING LIST

### Tuna Mushroom Casserole

- 14 oz. can of Tuna
- 10 3/4 oz. can of condensed cream of mushroom soup
- 8.5 oz. can of peas
- 1 bottle of water
- 1 lb. bag of egg noodles



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## COMPLETE MEAL IN A BAG

### Tuna Mushroom Casserole

Directions:

- Cook egg noodles according to package directions.
- Drain tuna.
- Mix tuna, soup, peas, and 1 1/2 cups of water in a mixing bowl.
- Stir in noodles.
- Place in a tall greased casserole dish and bake at 350 degrees for 30 minutes.

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# MAKE A MEAL KIT FOR THE HOWARD COUNTY FOOD BANK!



## SHOPPING LIST

### Wagon Wheel Soup

- 15-16 oz. can of black beans
- Two 15-16 oz. cans of diced tomatoes
- Two 15-16 oz. cans of corn
- 15-16 oz. can tomato sauce
- 15-16 oz. can chicken broth
- 2 bottles of water
- 2 packets taco seasoning
- 1 lb. box of wagon wheel pasta

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## COMPLETE MEAL IN A BAG

### Wagon Wheel Soup

Directions:

- In a large pot add all the ingredients (including liquids from cans), except for pasta.
- Stir the ingredients together and bring to a boil.
- Add pasta and cook to desired consistency.

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Similar to this.*



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