



Community Action Council of Howard County

HELPING PEOPLE. CHANGING LIVES.

MAKE A MEAL KIT FOR THE HOWARD COUNTY FOOD BANK!

Making a meal kit as a family is a great way to teach kids about food insecurity & giving to others in need!

It's easy to do:

1. Buy the ingredients.
2. Place items in a paper bag.
3. Label the bag with this flyer.
4. Schedule a tour of the Howard County Food Bank!
5. Drop off meal kit!

SHOPPING LIST

Pasta Primavera

- 6 oz. box of spaghetti
- 15 oz can of mixed vegetables
- 14.5 oz can of diced tomatoes with Italian seasoning
- 14.5 oz can of green beans
- 12.5 oz can of chicken



**THANK
YOU!**

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, 410-313-0703.

CAC's Mission: To diminish poverty, enable self-sufficiency and advocate for low-income families and individuals.

Early Childhood Education * Energy Assistance * Food Assistance * Housing Assistance

www.cac-hc.org

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COMPLETE MEAL IN A BAG

Pasta Primavera

Directions

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



Packed with love by: _____ Date: _____



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SHOPPING LIST

Mexican Wagon Wheels

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



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COMPLETE MEAL IN A BAG

Mexican Wagon Wheels

Stove Directions

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



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SHOPPING LIST **Tuna Mushroom Mac**

- 14 oz. can tuna
- 10 ¾ oz. can condensed cream of mushroom soup
- 1 bottle of water
- 1 lb bag egg noodles



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COMPLETE MEAL IN A BAG

Tuna Mushroom Mac

Directions

1. Cook egg noodles according to package directions.
 2. Drain tuna.
 3. Mix tuna, soup and 1.5 cups of water in a mixing bowl.
 4. Stir in noodles.
 5. Place in a tall greased casserole dish and back at 350° for 30 minutes.
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