

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 | 410-313-0703

www.cac-hc.org



COMPLETE MEAL IN A BAG

Pasta Primavera

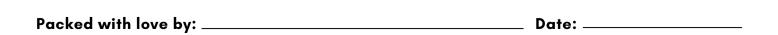
Directions:

- 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.





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condensed cream of

1 lb. bag of egg noodles

mushroom soup • 8.5 oz. can of peas 1 bottle of water



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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.

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

Packed with love by:	Date:



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.

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

Packed with love by	7 :	Date: