

Make Your Own Meal Kit



Step 1: Decide on a food product

- Choose a food item that is hard to move out of the pantry
- Consider why it is difficult to move and offer resources on how to prepare food item



Step 2: Find or create a recipe

- Find or create a recipe that includes the chosen food item
- Collect the food items available in the pantry that are included in the recipe



Step 3: Make the meal kit appealing to clients

- Make a display or reserve a shelf for meal kits
- Make the recipe with the meal kit and sample to clients
- Offer grocery store vouchers for items in the recipe not found at the food pantry

Where to find recipes:

- Google
- Pinterest
- Magazines
- Blogs

Substitution options:

- use canned or frozen fruits or vegetables instead of fresh
- Use beans instead of meat for protein
- Use salt and pepper for flavor

Tips and tricks:

- Be Creative!
- Try new food combinations
- Branch out and try new foods