



Food-to-Go Packing Instructions



EACH BAG CAN FEED A FAMILY OF 4 FOR A DAY!
GIVEN TO ANYONE IN NEED WHO VISITS OUTSIDE OF SERVICE HOURS OR
AVAILABLE AT PARTNER LOCATIONS.

1

Collect grocery-sized reusable or paper bags.

2

Purchase and pack ONE of each of the following food items in every bag.

Food must not be expired.

- Peanut Butter
- Canned Tuna or Chicken
- Canned Fruit
- Canned Vegetables
- Canned Broth
- Fast Meal Options*
- Dry beans (1 lb.)
- White rice (1 lb.)
- Pasta (1 lb.)
- Low Sugar Cereal

**Mac & Cheese, Hamburger Helper, etc.*

3

Drop off pre-packed Food to Go bags at Valley Outreach.

- **20 bags or less:** Drop off during donation hours
M 9:30 a.m. to 12:30 p.m. or T/Th 1:30 to 6:30 p.m.
- **20+ bags:** Please coordinate a drop-off time by
emailing debbie.kanda@valleyoutreachmn.org



www.valleyoutreachmn.org



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