



Kits 4 Kindness

ASSEMBLE KITS THAT EMPOWER AND UPLIFT NEW YORKERS



GETTING STARTED

Support Food Bank For New York City from home by preparing kits with essential items to be distributed at our Community Kitchen & Food Pantry!

This is a great activity to do from the comfort of your home or in-office! Once you've completed your kits, place them inside an envelope or box. From there, you'll have two options:

Option 1: Mail kits directly to our Community Kitchen & Food Pantry using the mailing address below. Please include a return address on the package:

ATTN: Samantha Burgos
Community Kitchen & Food Pantry
252 W 116th Street
New York, NY 10026

Option 2: Drop off kits at our Community Kitchen & Food Pantry, located at 252 W 116th Street, New York, NY 10026, **only during our designated drop-off hours of Mondays and Fridays between 9am-4pm.** Please note, our Community Kitchen & Food Pantry is closed on certain holidays. Please contact volunteer@foodbanknyc.org with any questions about drop-off hours.



FoodBank4NYC

Once you have mailed or dropped off your kit(s), please verify your volunteer hours on our Volunteer Portal here:

<https://volunteer.foodbanknyc.org/ckpkits>.

If you are completing kits as part of a company, school, or nonprofit organization, instead of verifying your volunteer hours on our Volunteer Portal, **please email volunteer@foodbanknyc.org** with (1) your group name, (2) total number of kits completed, (3) list of volunteer names, and (4) any pictures of the event and/or kits.

NEEDED ITEMS:

READY TO EAT KITS

This kit is intended for individuals who don't have access to a kitchen to prepare a meal. Please choose 4-6 items to put in bag. Also, be mindful of the nutritional value of items; choose whole wheat when possible, less than 6 grams of sugar per serving

- Oatmeal Packets or Cup
- Breakfast Bar
- Nut Mix
- Crackers & Peanut Butter Packet
- Pop Top Soup Can
- Beef Sticks
- Dried fruit (such as raisins, dried apricots, or prunes)
- Mac & Cheese Cup
- Tuna & Crackers Packet

HYGIENE KITS

Please choose 4-6 items to put in bag. Make sure all items are fragrance-free.

- Toothbrush
- Toothpaste
- Dental Floss
- Soap Bar
- Deodorant
- Shampoo
- Conditioner
- Razor
- Pair of Socks
- Tampons (include 6 per bag)
- Panty Liners (include 6 per bag)

HOW TO PACK KITS:

Assemble each set of options in a Ziploc bag (gallon-sized recommended).

- Please adhere to the following food guidelines:
 - Each food item must have a food label, ingredients, and manufacturer information (to be cautious of food allergies and product identification in the case of a food recall)
 - Food products must not have a past “use-by”, “best-by” or “sell-by” date
 - Glass products cannot be accepted
 - Please be mindful of the nutritional value of items; choose whole wheat when possible, less than 6 grams of sugar per serving
- All items (food and non-food) must be newly purchased and in original packaging.

You are welcome to assemble whichever option(s) you prefer. Please only include items from the kit you selected. **Do not mix and match or combine items from the different kit options.**



HOW MANY KITS CAN I ASSEMBLE?

We do not have a maximum number of kits! If you plan to assemble more than 100 kits, please email us at volunteer@foodbanknyc.org in advance of mailing or dropping off your kits so we can coordinate with our onsite staff.

WHO WILL BE RECEIVING THE KITS I ASSEMBLE?

Staff will distribute kits to clients who come to pick up to-go meals and pantry bags from our Community Kitchen & Food Pantry in West Harlem.

WHICH OPTION(S) SHOULD I ASSEMBLE?

You are welcome to choose whichever option(s) you prefer. We just ask that you only include items from the kit you selected.

CAN I SUBSTITUTE AN ITEM IF I CAN'T FIND IT?

If you cannot find an item listed, we ask that you select a different option from the list.



CAN I GET MY CHILD/TEEN INVOLVED?

Children and teenagers are encouraged to participate! This is a great time to help them discover new and profound ways to serve others.

CAN I PARTICIPATE WITH A GROUP?

Yes! Gather your friends, family, students, or coworkers on a Zoom call or come together at home or in-office while compiling your kits. Be sure to snap a few photos of you packing your kits and tag us on social before mailing! If you are completing kits as part of a company, school, or nonprofit organization, we want to shout you out. Instead of verifying your volunteer hours on our Volunteer Portal, please email volunteer@foodbanknyc.org with (1) your group name, (2) total number of kits completed, (3) list of volunteer names, and (4) any pictures of the event and/or kits.

We can also credit service hours to your team for every kit prepared.



CAN I RECEIVE SERVICE HOURS FOR THIS PROJECT?

Absolutely! If you would like a letter confirming your service hours, please email us at volunteer@foodbanknyc.org. We will credit 1 hour of service for every 3 kits sent.

QUESTIONS? EMAIL US AT VOLUNTEER@FOODBANKNYC.ORG

Thank You!!



FoodBank4NYC