



EST. **FOOD BANK FOR NYC** 1983

# KITS *FOR* KINDNESS

**ASSEMBLE KITS THAT EMPOWER  
AND UPLIFT NEW YORKERS**





# KITS FOR KINDNESS

## GETTING STARTED

**Support Food Bank For NYC from home by preparing kits with essential items to be distributed at our Community Kitchen!**

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

Mail kits directly to our Community Kitchen using the mailing address below. Please include a return address on the package and **place the completed packing slip inside the package.**

**ATTN: Kits For Kindness**  
**Community Kitchen**  
**252 W 116th Street**  
**New York, NY 10026**

### OPTION 2: DROP OFF

Drop off kits at our Community Kitchen, located at 252 W 116th Street, New York, NY 10026, **only during our designated drop-off hours of Monday–Friday between 9 AM–4 PM.** Please include the completed packing slip.

**Please note, our Community Kitchen is closed on certain holidays and on Fridays in January, July and August.**

**Please contact [volunteer@foodbanknyc.org](mailto:volunteer@foodbanknyc.org) with any questions about drop-off hours.**



# KITS FOR KINDNESS

## VERIFYING VOLUNTEER HOURS

Once kits are mailed or dropped off, verify your volunteer hours at:  
[volunteer.foodbanknyc.org/ckpkits](https://volunteer.foodbanknyc.org/ckpkits)

Please note, you must be logged into your  
Volunteer profile to complete this form.



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](mailto:volunteer@foodbanknyc.org) with:

- 1 Your group name
- 2 Total number of kits completed
- 3 List of volunteer names
- 4 Any pictures of the event and/or kits



# KITS FOR KINDNESS

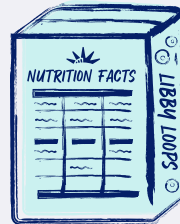
## HOW TO PACK KITS

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

**Please adhere to the following 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).



Please be mindful of the nutritional value of items; choose whole wheat when possible, low-sodium, and items with less than 6 grams of sugar per serving.



Food products must not have a past "use-by", "best-by", or "sell-by" date.



Only include cans with pull-top lids.



When purchasing non-food items, choose fragrance-free and hypoallergenic when possible.



Glass products cannot be accepted.



**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.**



# KITS FOR KINDNESS

## READY-TO-EAT KIT

**This kit is intended for individuals who don't have access to a kitchen to prepare a meal.**

### CHOOSE 4-6 ITEMS:

- Tuna or chicken pouches or pull-top cans (no-drain versions preferred)
- Canned pull-top soup or chili (low-sodium)
- Canned pull-top beans
- Canned pull-top fruit or vegetables (fruit packed in 100% fruit juice)
- Individual boxes of raisins or dried fruit
- Peanut butter and crackers
- Shelf-stable smoothies or meal replacement drinks





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## SNACK KIT

**These “grab-and-go” snack kits are intended for students or individuals needing quick energy throughout the day.**

**Prioritize protein and whole grains.**



### CHOOSE 4-6 ITEMS:

- Granola or protein bars
- Individual nut or trail mix packs
- Ready-to-eat tuna/chicken salad packs
- Fruit cups (packed in 100% juice)
- Beef or turkey jerky (low-sodium)
- Peanut butter packets, small non-glass jars or dried (just add water)
- Whole-grain crackers or rice cakes
- Shelf-stable milk cartons (small/lunch size) or powdered milk packets
- Shelf-stable yogurt or smoothies





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## UNISEX PERSONAL CARE KIT

**A practical kit to support personal care.**  
**Choose unisex and fragrance-free items. Socks are the most requested item.**

### CHOOSE 4-6 ITEMS:

- Adult sized socks
- Comb or small brush
- Moisturizing lotion
- Wipes
- Pack of tissues
- Chapstick





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## PERIOD CARE KIT

**Include a combination of 15–20 tampons, pads & liners, preferably in a variety of sizes, to provide for a full cycle. Make sure all items are fragrance-free and individually wrapped.**

- Tampons
- Sanitary napkins/pads
- Panty liners
- Pack of flushable sanitary wipes





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## BABY & TODDLER KIT

**Provides essential nutrition and hygiene for infants and toddlers. Ensure items are shelf-stable, sealed, and not expired. Please do not include glass items.**



### CHOOSE 4-6 ITEMS:

- Ready-to-feed infant formula
- Infant cereal
- Shelf-stable baby food pouches
- Teething crackers or puffs
- Unsweetened applesauce cups
- Shelf-stable whole milk or powdered milk
- Baby wipes
- Small tube of Aquaphor or diaper rash cream





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## PET KIT

**Supports families with pets by providing high-quality, shelf-stable items. Choose hypoallergenic when possible.**

### CHOOSE 4-6 ITEMS:

- Small bag of dry dog or cat food (3-5 lbs)
- Canned pet food
- Pet treats (training treats or dental chews)
- Collapsible water bowl
- Roll of waste bags
- Grooming wipes or small pet shampoo





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## BIRTHDAY KIT

**A “party in a box” to help families celebrate milestones.**  
**Aim for a cohesive theme (e.g. matching cake and frosting).**

### REQUIRED ITEMS:

- Boxed cake mix
- Can of frosting
- 12 oz can of soda or large applesauce
- Include a note explaining that soda or applesauce is a substitute for eggs/oil

### CHOOSE AN ADDITIONAL 2-3 ITEMS:

- Disposable pan (refer to sizes on cake mix)
- Birthday candles
- Sprinkles or cake toppers
- Blank card with markers
- Party supplies





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## SEASONING KIT

**Affordable, pantry-friendly seasoning kit supporting diverse cooking needs. These kits focus on versatility, long shelf life, and cultural diversity while keeping costs low and preparation simple.**

Seasoning must be provided in original, non-glass packaging (no repacking or re-bagging of spices from large packages into smaller bags).

### CORE SEASONINGS (CHOOSE 2-4)

- Salt
- Black pepper
- Garlic powder
- Onion powder
- Paprika



### FLAVOR BOOSTERS (CHOOSE 2-4)

- Italian seasoning
- Ground cumin
- Chili powder
- Seasoned salt



### CULTURALLY RELEVANT ADDITIONS (CHOOSE 2-4)

- Curry powder
- Turmeric
- Ginger
- Sazón
- Herbes de Provence
- Garam masala
- Lemon pepper
- Jerk seasoning





# KITS FOR KINDNESS

## FREQUENTLY ASKED QUESTIONS

### **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](mailto: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 at our Community Kitchen 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! Groups are encouraged. Consider hosting a virtual or in-person packing event. Gather your friends, family, students, or coworkers on a Zoom call or come together at home or in-office. Be sure to snap a few photos and tag us on social media. 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, groups should email [volunteer@foodbanknyc.org](mailto: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.

### **CAN I RECEIVE SERVICE HOURS FOR THIS PROJECT?**

If you would like a letter confirming your service hours, please email us at [volunteer@foodbanknyc.org](mailto:volunteer@foodbanknyc.org). We will credit 1 hour of service for every 15 kits sent. Please note, since this is a self-led opportunity not directly supervised by Food Bank staff, this opportunity is not eligible for court-mandated service or SNAP ABAWD service.

**Questions? Email us at**

**[volunteer@foodbanknyc.org](mailto:volunteer@foodbanknyc.org)**



# KITS FOR KINDNESS

## PACKING SLIP

**Please complete this form and include in your package when mailing or dropping off kits.**

**VOLUNTEER NAME** \_\_\_\_\_

**VOLUNTEER EMAIL** \_\_\_\_\_

**GROUP NAME (IF APPLICABLE)** \_\_\_\_\_

**# OF GROUP VOLUNTEERS (IF APPLICABLE)** \_\_\_\_\_

**# KITS COMPLETED** \_\_\_\_\_

**DATE OF COMPLETION** \_\_\_\_\_

**KIT TYPE(S) PACKED:**

- |                                             |                                             |
|---------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Ready-to-Eat Kit   | <input type="checkbox"/> Baby & Toddler Kit |
| <input type="checkbox"/> Snack Kit          | <input type="checkbox"/> Pet Kit            |
| <input type="checkbox"/> Unisex Hygiene Kit | <input type="checkbox"/> Birthday Kit       |
| <input type="checkbox"/> Period Care Kit    | <input type="checkbox"/> Seasoning Kit      |



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# THANK YOU FOR VOLUNTEERING!

