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 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

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 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:



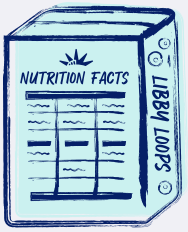
Each food item must be in original packaging with a food label, date, ingredients, and manufacturer information (to be cautious of food allergies and product identification in the case of a food recall).



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



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



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.



Only include cans with pull-top lids.



Glass products cannot be accepted.

PLEASE NOTE

All items must be newly purchased.

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



KITS FOR KINDNESS

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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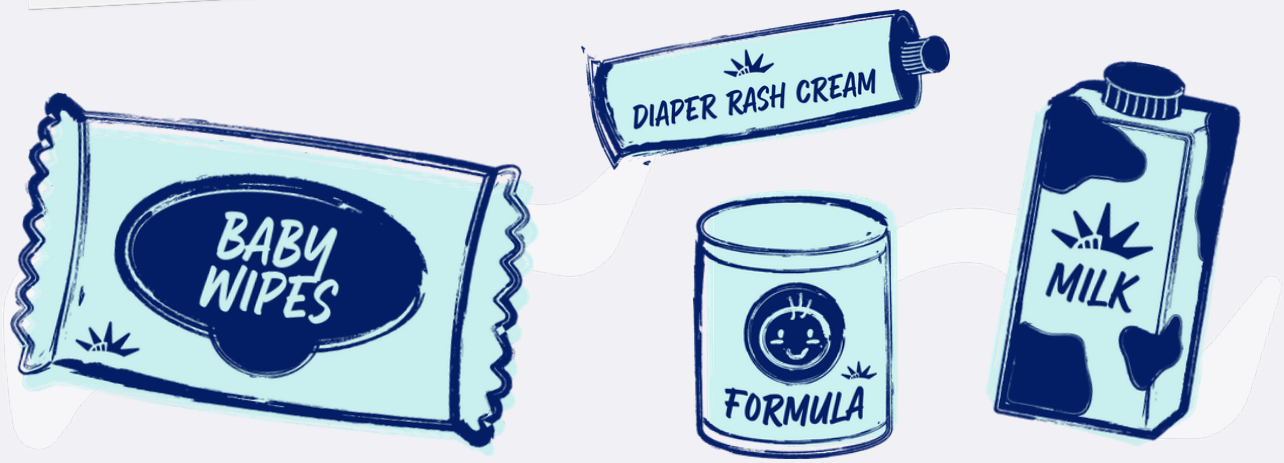
BABY & TODDLER KIT

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 substitue for eggs/oil

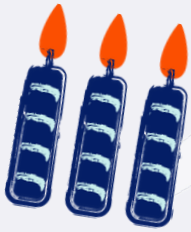


CHOOSE AN ADDITIONAL 2–3 ITEMS:

- 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 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 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. 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.

CAN I BUY ITEMS IN BULK AND BREAK THEM DOWN?
It depends on the item type and packaging. Food items must be in packaging that includes the food label, date, ingredients, and manufacturer information. Hygiene items like sanitary pads may be removed from bulk packaging if they are individually sealed.

Questions? Email us at 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:

- ☐ Ready-to-Eat Kit
- ☐ Snack Kit
- ☐ Unisex Hygiene Kit
- ☐ Period Care Kit
- ☐ Baby & Toddler Kit
- ☐ Pet Kit
- ☐ Birthday Kit
- ☐ Seasoning Kit

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THANK YOU FOR VOLUNTEERING!

