

Guidelines for Filling a Blessing Box

(Print and provide to those who will keep the box stocked)

When donating items please follow CDC handwashing guidelines. Disinfect the box interior and handles frequently.

Buy canned foods with pull rings when available for easy opening or include small handheld can openers.

Suggested food items for the Blessing Boxes during most of the year include:

- Canned soups and sauces*
- Canned Meat (tuna, chicken, etc.)*
- Peanut butter, nuts and alternatives
 - Almond Butter, Sunflower Seed Butter, Coconut Butter, etc.
- Canned beans, especially garbanzo, chili and baked beans*
- Rice, white or brown
- Pasta (preferably in boxes)
- Cereals/instant oatmeal packets
- Crackers/granola bars
- Canned diced tomatoes, tomato sauce & tomato paste*
- Canned fruits, canned vegetables*
- Condiments (ketchup, mustard, salad dressing, mayo)
- Jelly, pancake syrup
- Baking and pancake mixes
- Microwave meals/to-go meals and shelf-stable meal kits
- Individual serving size items
- Infant formula, dry infant cereal
- Package protein drinks
- Dried fruit

* Not recommended during winter temperatures below freezing



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