



Healthy Family MEAL KITS

Looking for a new way for your family or group to get involved with Harvesters?

Help us put together Healthy Family Meal Kits! Each kit will have all the necessary ingredients for an easy, complete, nutritious meal for a family in need. This new program has two components: a food or fund drive followed by a volunteer activity.



Food/Fund Drive:

Each kit needs to include all of the items for one recipe listed below for the box to be complete. Collecting items in bulk or asking several volunteers to purchase food in bulk after collecting monetary donations works very well for this drive.



Volunteer Activity:

At the end of your food drive, coordinate with Harvesters to receive boxes, recipe cards, "Packed by..." cards, and box labels. Then, you'll pack the individual boxes so they can be easily transported back to our facility for distribution.

Need community service hours?

For every complete meal kit donated, you will receive 1 volunteer hour!

Ready to get started?

Contact our Community Engagement Department using the info below, and they'll provide you with all the tools you need for your drive to be a success! Thank you for your support!

Kansas City: getinvolved@harvesters.org or 816.929.3090

Topeka: fighthunger@harvesters.org or 785.861.7750

Barbecued Chicken Burrito Bowls

Each Box Will Include:

- 1 (9.75 oz) can Swanson white chicken
- 1 (18 oz) bottle BBQ sauce (no glass)
- 1 (15 oz) can black beans
- 1 (15.25 oz) can corn
- 1 (14 oz) box instant brown rice
- 2 (15 oz) cans pears/canned fruit



8 Can Chicken Chili

Each Box Will Include:

- 1 (14.5 oz) can chicken broth
- 1 (4.5 oz) can diced green chilies
- 1 (12.5 oz) can chicken breast (drained and flaked)
- 2 (15.5 oz) cans beans, undrained (kidney, red, pinto or black)
- 1 (14.5 oz) can petite diced tomatoes, undrained
- 1 can white corn, lightly drained
- 1 (8 oz) can tomato sauce
- 1 packet of chili seasoning

