

## Hunger-Relief Kits

**Hunger-Relief Kits** provide an opportunity for individuals or groups to assemble bags full of shelf-stable food items for people experiencing homelessness. These kits will be distributed to Tarrant Area Food Bank Partner Agencies in our 13-county service area. Hunger-Relief Kits are an ideal way to provide several healthy meals/snacks for this vulnerable, unsheltered population in our community.

Groups may choose to host their own “assembly venues” or reservations can be made at Tarrant Area Food Bank on a space-available basis. Tours of TAFB can also be requested.

It is strongly suggested that a mixture of the food items below be used to assemble small or large Hunger-Relief Kits. Each small Hunger-Relief Kit should weigh approximately 4 pounds. Each large Hunger-Relief Kit should weigh approximately 8 pounds. Please place the food items for each kit in a reusable or otherwise durable bag.

### Protein

- Beef jerky
- Peanut butter in plastic jars or packets (small or individual sizes)
- Canned soup or chili with pop-top
- Canned beans and wieners
- Canned meat with pop-top (ex: canned tuna, Vienna sausage)
- Pop-top/peel-back meal kits (ex: chicken salad/cracker kits)
- Packaged nuts or trail mix
- Protein bars

### Starches/Grains

- Crackers with peanut butter or cheese
- Chewy granola bars or breakfast bars
- Single-serve boxes of cereal
- Sleeve of crackers or rice cakes

### Fruits

- Individual cups of applesauce or fruits with plastic or pop-top
- Individual packets of dried fruit or fruit snacks

### Liquids

- Bottled water or sports drinks
- Canned fruit or vegetable juice with pop-top
- Shelf-stable milk, breakfast shakes or protein shakes

If you would prefer to make a monetary donation in lieu of providing Hunger-Relief Kits, you may drop off your donation at TAFB or donate online at [tafb.org/donate](https://tafb.org/donate). Contact us at [volunteer@tafb.org](mailto:volunteer@tafb.org) for more information on this volunteer opportunity.