Stay Home, Fight Hunger!

Work from home to pack Family Food Boxes to fight hunger in our community!

With COVID-19 entering Holland, the repercussions of school closures and economic disruption will be felt most acutely by the people we serve. We’ve already seen food needs increase substantially, and as our most vulnerable neighbors turn to us to help them in a time of uncertainty and struggle, we turn to you. We can do more together than apart. To best follow the ‘social distancing’ and other precautionary measures that our public health experts are so rightly urging, we invite you to help from home. Please join us, and help ensure that everyone in our community has the food they need to weather this crisis.

Step 1:
Gather the high-need items on our family food box list

Step 2:
Pack all items into boxes, and check off all the items

Step 3:
Drop off boxes to the CAH Food Pantry

Every box you provide is one more family we can help together

Families schedule a pickup time with us, 5 days a week.

We supplement and share complete Family Food Boxes by adding fresh fruit, veggies, dairy, bread, and meat to your packed boxes

Our impact:
Working together, we can provide over 5,000 meals in 150+ family food boxes in a single busy day of service. Let’s make sure thousands of our most vulnerable neighbors have what they need through these challenging times!
Family Food Box Packing Instructions

Work with your family or small group (<5 people) at home to gather and pack as many family food boxes as you’re able to provide in this time of need. Thank you for serving from home in this time of need!

1. Prepare
   - Find a sturdy box that can hold all of your items. Amazon and other medium to large delivery boxes work well. But we will also have boxes for you to pickup if you need (especially if you plan to assemble multiple family meal boxes!) - give us a call and pick them up from 345 W 14th Street where we’ll put them in your trunk while you wait curbside.
   - Purchase and set aside the food box items from the list below (around $35 - $45 of food for each box). We recommend you shop at off peak times, or consider using a service such as Shipt.*

2. Pack Box(es)
   - Wash hands well prior to packing**
   - Use one of our checklists to pack each box, placing the heaviest items at the bottom
   - Close but do not seal your box!
   - We welcome your personal touches during this time of increased isolation. You may wish to write a small message of encouragement as a note inside each box, or your children may choose to decorate the boxes themselves with their artwork.
   - In seeking to continually improve, we’ve identified a significant increase in the number of Latinx households who have been coming through the pantry. In addition, there is a higher number of Asian households. Please help us provide choice and dignity by packing Latinx Cuisine boxes and Asian Cuisine boxes. We desire to provide culturally appropriate food and offer people the option of which box they would prefer. Alongside our Basic box, we’ve listed items for these boxes on the following page. Whether you pack a Basic box (B), Latinx box (L), or Asian box (A) of food, we welcome your continued help. Just mark the corresponding letter (B, L, or A) on the box before you drop it off to us, and we'll handle it from there!

3. Drop Off
   - Tape the completed checklist and contact card to your top box so we know who to thank!
   - Bring your completed box(es) to our food pantry during drop off hours**
     345 W 14th Street, Holland, MI 49423 (map link)
     Drop off hours: Monday - Friday, 8:30-9:30am | 4pm - 5pm
   - Our onsite staff will unload your vehicle at our garage door.

4. Share on social media and tag Action House to build the movement!
   - Your efforts to date have unlocked over $13,000 in matching support thanks to matching financial partners Mike Goorhouse, Lakewood Construction, Holland Doctors of Audiology, The Insurance Group, and PeopleIT! The financial match is so appreciated, but equally important has been all the new neighbors who have become involved in packing family food boxes! Even now, we ask you to continue this campaign’s momentum by posting updates on your family food box efforts as you #StayHomeFightHunger. Tag Community Action House in your post and help spread the word as we all rise to this challenge together!

Facebook: @communityactionhouse  Instagram: @communityactionhouse  LinkedIn: community-action-house

Any questions? Contact Meagan: mmaas@communityactionhouse.org | 616.392.2368 ext 109

*Please ensure your items are not expired.

**Health and hygiene precautions are extra important during these unprecedented times. Wash hands frequently and pack in a clean environment. If anyone in your home is unwell, please do not join in at this time. And if you’re choosing to pack with a small group of non-family members, please ensure you gather in a space where you can adhere to the advised social distancing guidelines (6ft of personal space). Stay well, and thanks for helping from home as we all do what we can!

***If you pack more boxes than you’re able to transport to us, congrats and thank you! For such high volume efforts, please contact Meagan and we can arrange a pickup, and just ask that you leave the boxes in your garage or outside on the arranged day of pickup.
Basic Box "B" Shopping & Packing Checklist:
Please complete this checklist as you pack your box(es) *If you’re unable to locate everything on our list please feel free to substitute similar items.

- 4 cans of vegetables
- 2 boxes mac & cheese
- 2 cans of meat (tuna, chicken)
- 2 boxes pasta or pasta sides
- 4 cans of beans (black, pinto)
- 2 rice sides
- 4 cans of fruit (peaches, apples)
- 1 package of oatmeal
- 2 boxes cold cereal
- 1 box crackers
- 1 package of granola bars
- 1 box of stuffing mix
- 4 cans of soup
- 1 jar pasta sauce
- 1 peanut butter
- 1 roll toilet paper
- 1 roll paper towels
- 1 handsoap

We are so grateful for your help and want to say "Thank You!"
Name(s): ___________________________ Phone: ___________________________
Email: ___________________________ Address: ___________________________
How many boxes did you pack and provide to help our most vulnerable neighbors? _____ Today’s Date: _______

[Shared Social Media Post & Tagged Action House to build the movement!]

Latinx Cuisine Box "L" Shopping & Packing Checklist:
Please complete this checklist as you pack your box(es) *If you’re unable to locate everything on our list please feel free to substitute similar items.

- 2 bags Dried Beans
- 2 cans Diced Tomatoes
- 2 cans Beans (refried/black)
- 1 can Peas
- 2 cans Tuna
- 2 bags of Rice
- 2 cans Peaches
- 2 Pastas
- 2 cans Mixed Fruit
- 2 packages Tortillas
- 2 cans Whole Kernel Corn
- 1 box Cereal
- 1 box Oats
- 1 package of Tortilla Chips
- 1 (12 oz) Cooking Oil
- 2 cans of Chiles
- 1 package Crackers
- 1 Mayonnaise
- 1 small Sugar
- 1 Spice (cumin, oregano, chili powder)
- 1 roll toilet paper
- 1 roll paper towels
- 1 handsoap

We are so grateful for your help and want to say "Thank You!"
Name(s): ___________________________ Phone: ___________________________
Email: ___________________________ Address: ___________________________
How many boxes did you pack and provide to help our most vulnerable neighbors? _____ Today’s Date: _______

[Shared Social Media Post & Tagged Action House to build the movement!]

Asian Cuisine Box "A" Shopping & Packing Checklist:
Please complete this checklist as you pack your box(es) *If you’re unable to locate everything on our list please feel free to substitute similar items.

- 2 cans Tuna
- 2 bags Dried Lentils
- 2 cans Kidney Beans
- 1 can Tomato Paste
- 1 can Diced tomatoes
- 2 Chicken Broth
- 2 cans Mandarin Oranges
- 1 can Peas
- 2 bags Rice
- 2 cans Coconut Milk
- 2 boxes Cereal
- 2 Eggs
- 2 box Noodles
- 1 (12 oz) Cooking Oil
- 1 Flour
- 1 package Crackers
- 1 Spice (ginger, coriander, garlic powder)
- 1 roll toilet paper
- 1 roll paper towels
- 1 handsoap

We are so grateful for your help and want to say "Thank You!"
Name(s): ___________________________ Phone: ___________________________
Email: ___________________________ Address: ___________________________
How many boxes did you pack and provide to help our most vulnerable neighbors? _____ Today’s Date: _______

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