

PICK A KIT. MAKE A MEAL HAPPEN.

How it works:

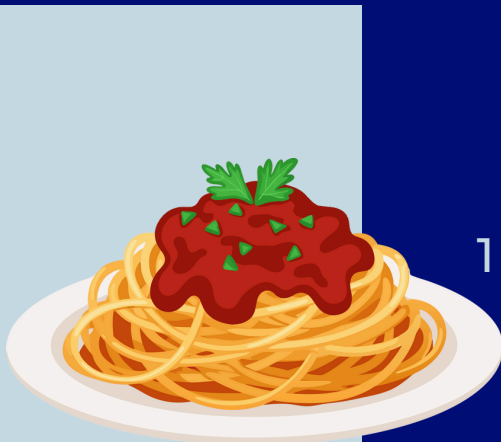
- 1: Choose a kit from the list.
- 2: Shop the items (store brand welcome!).
- 3: Drop off at Pantry locations or the CSSI Office with the kit name on the bag.

Can't do a full kit? Any single item helps.

Chili Night (shelf-stable)

- 2 cans beans (black or kidney)
- 1 can diced tomatoes
- 1 can tomato sauce or crushed tomatoes
- 1 packet chili seasoning (or chili powder)
- 1 bag rice or small cornbread mix

Pro tip: Low-sodium items = more flexible



Pasta Night

- 1 box pasta
- 1 jar marinara or tomato basil sauce
- 1 can lentils or chickpeas OR 1 pouch tuna
- 1 small olive or canola oil
- Optional: Italian seasoning

Pro tip: Whole-grain pasta boosts fiber.

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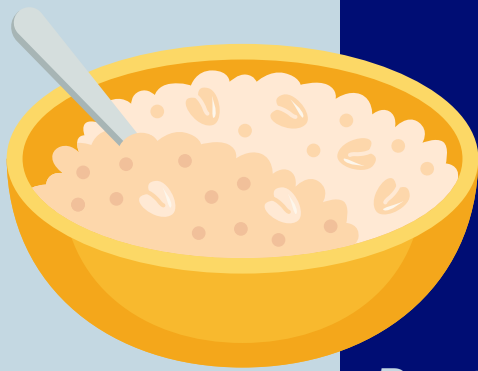
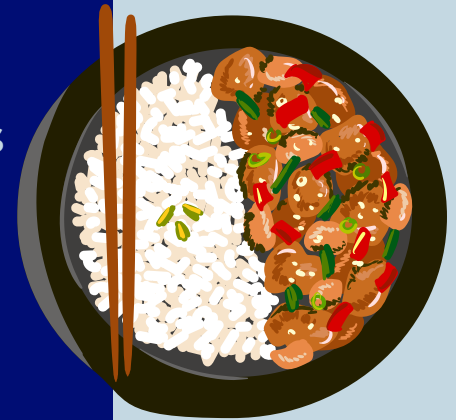
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Stir-Fry Start

- 1 bag rice or 2 microwavable rice pouches
- 2 cans mixed vegetables or green beans
- 1 can chicken or tofu shelf-stable pack
- 1 bottle stir-fry or soy sauce (low-sodium)

Pro tip: Brown rice keeps folks full longer.



Breakfast Box

- 1 canister oats OR low-sugar cereal
- 1 shelf-stable milk or alt milk
- 1 jar peanut butter or nut-free butter
- 1 box raisins or dried fruit

Pro tip: Choose peanut-free if donating to shared spaces.

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Taco Night

- 1 box taco shells or tortillas (shelf-stable)
- 1 can black or pinto beans
- 1 packet taco seasoning
- 1 can corn
- 1 jar salsa

Pro tip: Add a small canned chicken OR extra beans for protein.



Soup & Sandwich

- 2 cans hearty soup (chicken & rice, lentil, minestrone)
- 1 can tuna or chicken
- 1 jar peanut butter and 1 jam OR shelf-stable wraps/crackers

Pro tip: Aim for pop-top cans when possible.

