Helping from Home or Work: Making Snack Bags for Hungry Kids

Every week, Baltimore Hunger Project prepares and delivers **more than 2,600 weekend meal bags** to kids in the Baltimore region. We also need snack bags as an additional food supplement. Bags can be prepared off-site by volunteers and dropped off for distribution.

Choosing the Right Bag

Snacks should be placed in transparent gallon zip storage bags ONLY.

Buying and Packing the Snacks

There is a very specific formula to a snack bag:

3 Healthy Snacks + 2 Protein Snacks + 1 Goodie

Please take a look at the list at right for snack ideas in each category. You may choose other snack items that are not on the list, however please choose only ***shelf stable, individually wrapped*** snack items.

Community Service Hours:
Shopping - 30 minutes (max)
30 min of service for every 15 bags

Snack Bag Dos and Don'ts

DO follow the formula above for the right mix of items in a bag.
DO place the snacks in gallon-sized zip-top storage bags ONLY.
DO choose snacks that are individually wrapped by the manufacturer.
DO include a plastic spoon for snacks that cannot be eaten by hand.
DO email **office@baltimorehungerproject.org** with questions.

DON'T create your own individual ziploc bags of snack foods.
DON'T choose delicate snacks that can smush/crumble too easily.
DON'T make/bake snack items. Snacks must be store bought.

BALTIMORE HUNGER PROJECT
FEEDING BODIES AND MINDS

Sample Healthy Snacks (include three):

Applesauce (pouch only)
Kind Bars
Granola Bars
Goldfish
Cereal boxes/bowls
Fruit Snacks/Fruit Roll-ups
Pretzels
Wheat Thins
Teddy Grahams
Popcorn

Sample Protein Snacks (include two):

Beef jerky
Peanut butter crackers
Cheese 'n crackers
Trail Mix
Protein Bar

Sample Goodies (include one):

Candy
Rice Krispie Treat
Pop-Tarts
Cheez-its
Cookies
Cheetos/Puffs
Snack Cake (Twinkie, etc.)

Delivering Your Snack Bags:

Once completed, snack bags may be dropped off at:

Baltimore Hunger Project
9596 Deereco Rd.
Timonium, MD 21093

We accept drop-offs anytime Mon–Thurs 10–4 and by appointment. BHP volunteers will assist you upon arrival.