

Grassroots will provide meals to individuals staying in the building during “Code Blue” or extremely cold or inclement weather situations this winter. Please help create meal kits that are non-perishable and can be distributed to clients needing shelter. Cost per meal kit ranges from \$2.90 to \$4.22 depending on items and purchase location . *For more info, email [info@grassrootscrisis.org](mailto:info@grassrootscrisis.org) or call 410-531-6006.*

### Select One Hot Microwavable

#### Item such as:

- Campbell’s Soup on the Go
- Kraft Macaroni and Cheese Dinner
- Chef Boyardee



### Select One Fruit Item such as:

- Mott’s Applesauce
- Del Monte Fruit Cup
- Dole Fruit Bowls



### Select One Protein such as:

- Bumble Bee Snack on the Run Chicken Salad with crackers.
- Starkist Charlie’s Snack Kit Tuna with crackers.
- StarKist Ready-to-Eat Tuna Salad Lunch Kit



### Select One Other

#### Item:

- Granola Bar
- Cookies
- Crackers



### Plus:

- One 8 oz. water bottle
- One spoon & napkin



### Pack in Gallon Size Zipper Bag

