



Items to include in emergency meal kits

Breakfast:

- 1 individually wrapped baked good – muffins, bagels, etc.
- 1 piece of fresh fruit – bananas, apples, oranges, etc.
- 1 single serving juice – apple, orange, etc.
- 1 granola bar (optional)
- 1 hardboiled egg (optional)

Lunch:

- Sandwich
 - Turkey & cheese preferred
 - Do not add vegetables, mustard, mayo, or other condiments
- Single serving chips or pretzels
- Single serving trail mix or individually wrapped small size candy bar
- Single serving mayo and mustard packets

Place all items for one meal in a sturdy paper bag & deliver to Pathways.