

## Instructions:

1. Collect non-perishable food
  - o Collect from family and friends
  - o Collect at school
  - o Collect at places of worship
  - o Collect at grocery stores (you may request a certificate of liability from Meals On Wheels)
2. Collect shoe boxes (shoe boxes only- please **NO BOOT BOXES**)
3. Gift wrap the tops and bottoms of the shoeboxes separately in order to make the contents easily accessible.
4. Fill each shoebox with the non-perishables (Personal letters, notes, poems, and little drawings add a special touch and may be included).  
 \*\*\*\*\*NO MORE THAN 8 ITEMS PER BOX- VOLUNTEER DRIVERS DELIVER THE BLIZZARD BOXES. IT IS **VERY DIFFICULT TO DELIVER BIG HEAVY BOXES**\*\*\*\*\*
5. Shoebox should contain the following items:

<b>Vegetable</b> Any canned vegetable (low sodium only)	<b>Fruit</b> Any canned fruit (packed in its own juice or water Raisins or other dried fruit
<b>Soup</b> Low sodium chunky soups Low sodium vegetable soup (tomato, minestrone) Low sodium broths	<b>Condiment-optional</b> Jam/jelly (no sugar added) Small containers of mustard Small containers of ketchup Small containers of mayonnaise Small containers of honey Small containers of lite salad dressing
<b>Beverage-</b> Shelf stable boxed milk Breakfast essentials nutritional drink (powdered packet)	<b>Starch</b> Oatmeal packet Individual mac and cheese Individual rice packets
<b>Protein-</b> canned Chicken canned tuna	<b>Dessert-optional</b> Prepacked low sugar, low fat pudding snacks No Candy

6. Deliver completed Blizzard Box to Meals on Wheels
  - o 121 West Nyack Rd. Nanuet, NY
  - o Office hours 9am-4:30pm Monday- Friday

A Blizzard Box is an assortment of donated non-perishable food items packed into shoeboxes. The shoeboxes are delivered to the recipients of our Home Delivered Meals Program in case normal food deliveries are halted due to weather related or other emergencies. The shoeboxes are delivered by Meals on Wheels Volunteer Drivers.

Blizzard boxes can be made for community service hours!

1 completed box=  
1 community service hour.

# Thank you!!

**NO**



Box is too Large  
Too many items  
Box is too heavy

**YES**



Shoe box ☺  
no more than the required items ☺

## Must haves:

low sodium  
& low sugar

## Optional:

In addition  
but not  
necessary

1 Protein  
1 vegetable  
1 fruit  
1 soup  
1 starch  
1 milk (shelf  
stable)

1 condiment  
1 dessert  
(optional)  
A note to  
the senior