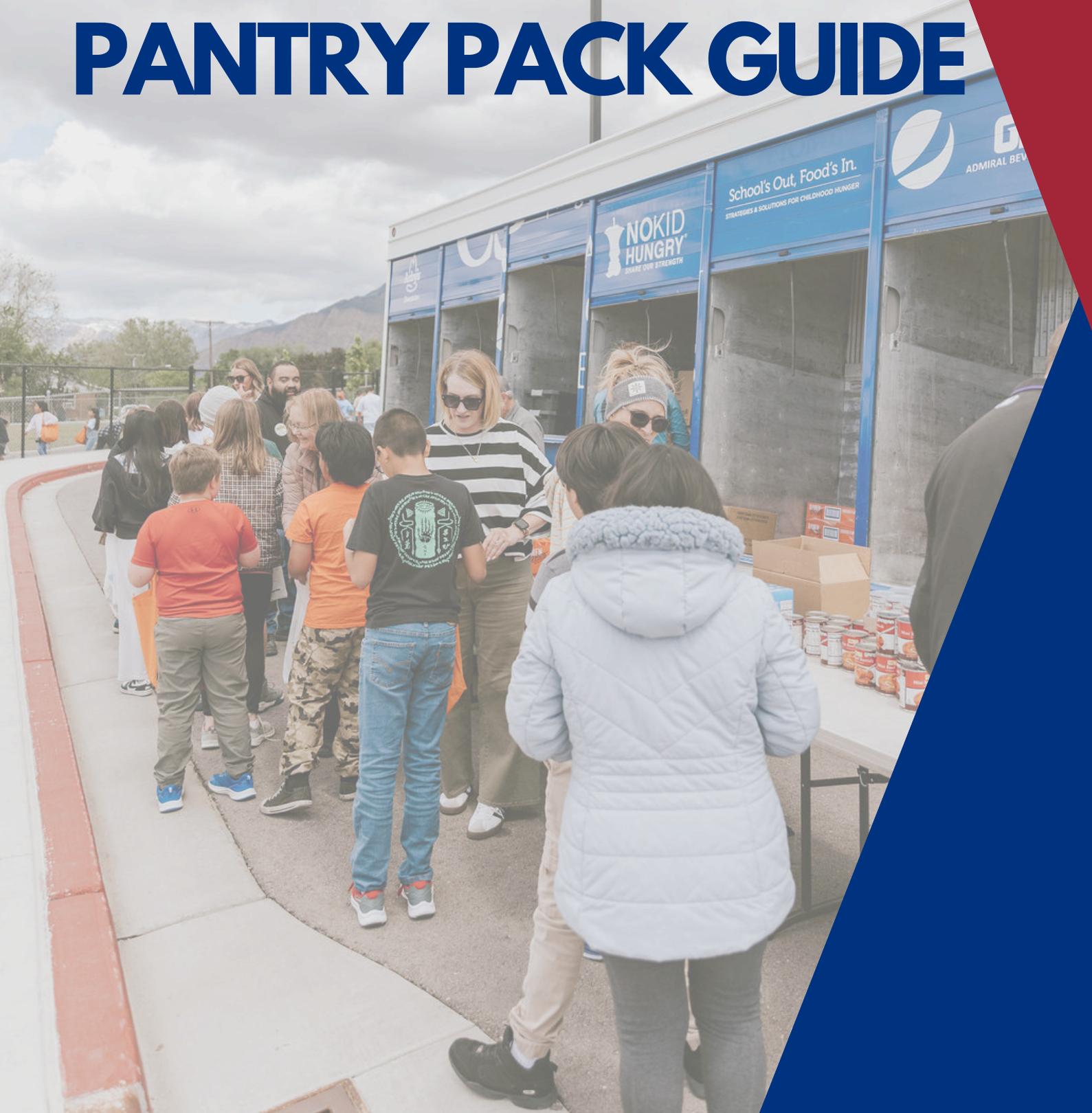




CATHOLIC
COMMUNITY
SERVICES

BRIDGING THE GAP PANTRY PACK GUIDE



WHAT ARE PANTRY PACKS?

Bridging the Gap is a mobile food distribution program that visits low-income elementary schools in Weber and Ogden School Districts each week. Students are given two bags of healthy, easy-to-prepare meals and snacks to sustain them through the weekend.

Some schools we serve have very high rates of free & reduced meal enrollment, which make our traditional means of distribution very effective. Every student in every class comes through our mobile distribution line to receive two bags of food. This also removes the stigma of being 'low-income' since every student receives them.

For schools that have lower enrollment rates, we use pantry packs. Pantry packs are prepackaged, gallon-sized zip lock bags with specific, easily purchased items which can be collected and assembled anywhere. The packs contain six meals and four snacks. Once assembled, the packs are then brought to CCS for distribution to our local schools.

School administration can then easily, and discreetly, place the packs in students' backpacks, which allows the schools to be selective about the students who receive the assistance while still maintaining their dignity.

WHO CAN MAKE PANTRY PACKS?

A group of any size can build Pantry Packs. It doesn't matter whether you are a small group or a large one, the process of building the pantry packs can be scaled up or down to match your group's resources. A family could easily assemble fifty bags, while a large group could do two-hundred and fifty. Items can be purchased by the individuals assembling the bags, through a company donation, or as a community drive.

WHAT GOES IN A PANTRY PACK?

- 1 Gallon Size Zip Lock Bag
- 1 Instant Serving Meal (15 oz can*)
- 1 Can of Tuna (5 oz can)
- 1 Mac & Cheese
- 2 Instant Oatmeal Packets
- 1 Ramen Noodle Packet (3 oz bag)
- 1 Granola Bar
- 1 Fruit Snack Pouch
- 1 Applesauce (fruit cup or fruit squeeze)
- 1 Packet of Peanut Butter or Cheese Crackers

When building your pantry packs it is important that you stay with the list provided. This is to ensure that all of the pantry packs coming from different groups are consistent, and that all of the children receive the same items.

*Instant serving meals can include ravioli, Spaghetti O's, etc.

PACKAGING INSTRUCTIONS



Please place the heavier items in the bottom of the bag and all of the items that are susceptible to being crushed or punctured near the top of the bag. For example: tuna & ravioli on bottom; applesauce upside down on ravioli so it doesn't puncture; crackers & granola bar protected.

It may be helpful to identify one person in your group to act as "quality control" to make sure all the items have been placed in the bag, that the bags have been properly assembled, and that the bags are sealed.

Personal notes should not be added to Pantry Packs.

PANTRY PACK DELIVERY

Our warehouse hours for drop-off of completed packs are Monday through Friday from 7:30 am until 3:00 pm.

If you are assembling more than 1,000 packs, we can also coordinate a pick-up, and boxes/large bins to facilitate the moving and storing of the packs if available.

OTHER QUESTIONS?

If you have individual items left after assembly, please feel free to bring them to us. We can use them to make additional packs here in our warehouse.

We are also happy to accept other food you receive that may not be acceptable in the pantry packs for use in our other programs.

If you have additional questions, or to schedule a drop-off or pick-up, please contact Durrell Annis at dannis@ccsutah.org or 801-428-1291.

Thank you for helping us support those in our community who are facing hunger!
