



How to Assemble Snack/Breakfast Bags

Caring for Friends (formerly Aid for Friends) provides food and friendship to homebound seniors, disabled, the homeless, and families with children in need. We provide ready-to-heat meals, caring visits and cards, and fresh/pantry staple food items that support hunger relief in the five counties of Greater Philadelphia. We need about 4,000 snack bags a day to serve hungry children and adults in between meals and for breakfast. Your help is greatly appreciated!

If hosting a food drive, please request:

- Juice box or *shelf stable* milk/chocolate milk
- Single oatmeal packets
- Cereal bars/ granola bars (high-protein bars are appreciated)
- Tea bags or instant coffee, instant hot cocoa packets
- Fruit cups (with plastic lids or all metal only), fruit/vegetable squeeze pouches (such as Motts or GoGoSqueeze)
- Packs of peanut butter crackers / or another treat

All these items should be included in an individual snack bag. Please use a clear plastic bag, so we can see the contents. Caring for Friends can also provide bags if necessary.

Do not include:

- Fresh food, muffins, TastyKakes (they get mushy, chips, apple sauce with thin alumni foil tops (They break easily in transit – pouches are best.).

Most important!

What makes Caring for Friends different from other hunger relief organizations is that we believe food and friendship are equally important, and we incorporate acts of friendship in all that we do.

- Enclose a hand-made card, picture or note letting the recipient of your bag know you have cared for and thought of them. Please sign only your first name, school name, youth group, or company. Do not enclose private information. We recommend keeping religion and politics off any correspondence, we must never impose our views on our program participants.



Sharing food and friendship since 1974

Caring Notes

To make caring note cards as part of your service project:

1. Write clearly, as some client friends may have poor eyesight.
2. Use colors if possible and/or include a smiley face, heart or other picture.
3. Keep it simple.
4. Do not make religious, political or controversial references, since they may conflict with the recipient's beliefs.
5. Make sure to place one caring note in every snack/breakfast bag.

Inspirational messages to include:

- You are capable of amazing things.
- You might be the reason someone smiles today.
- Do what makes your soul shine.
- Be silly. Be kind. Be honest.
- Think happy thoughts.
- Live. Love. Laugh.
- Be awesome today.
- It's cool to be kind.
- Have faith in yourself.
- You don't have to be perfect to be amazing.
- Life is better when you laugh.
- Start each day with a grateful heart.
- Embrace the glorious person you are.
- Every moment matters.
- The best is yet to come.
- You are loved.
- Sending good vibes your way.
- You are strong.
- Make today great.
- Collect moments, not things.
- Make today worth remembering.
- You are an inspiration.
- Beautiful minds inspire others.
- Learn something new today.
- Keep calm and shine on.
- Kindness changes everything.
- Have courage and be kind.
- You are awesome.
- Nice is contagious, pass it on.
- Happiness is a habit, cultivate it!
- Keep smiling.
- If you can dream it, you can do it.
- No act of kindness is ever wasted.
- Always remember, you are loved.

Questions?

Call 215-464-2224 or email volunteer@caringforfriends.org