



Sharing food and friendship

No one should be hungry or alone in a world full of caring people."

- Rita Ungaro Schiavone, Founder

How to Assemble Snack/Breakfast Bags

Caring for Friends provides food and friendship to homebound seniors, veterans, 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, including adding a caring note to each bag to show someone they care.

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