

Instructions:

1. Collect non-perishable food
 - Collect from family and friends
 - Collect at school
 - Collect at places of worship
 - 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 NO LARGE SHOE 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 and a note if you would like to say hello.

**NO MORE THAN ONE OF EACH ITEM LISTED BELOW-
VOLUNTEER DRIVERS DELIVER THE BLIZZARD BOXES. IT IS
VERY DIFFICULT TO DELIVER BIG HEAVY BOXES**

Vegetable Any canned vegetable (low sodium only)	Fruit Any canned fruit (packed in its own juice or water Raisins or other dried fruit
Soup Low sodium chunky soups Low sodium vegetable soup (tomato, minestrone)	Starch Pasta Oatmeal packet Individual mac and cheese Individual rice packets
Beverage- Shelf stable boxed milk Parmalat	Protein- canned Chicken canned Tuna or Salmon Sardines
Condiment-optional Jam/jelly (no sugar added) Small containers of mustard, ketchup, or mayonnaise Honey or lite salad dressing	Dessert-optional Prepacked low sugar, low fat pudding snacks or granola bar Juice

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.

5. Deliver completed Blizzard Box to Meals on Wheels
 - 121 West Nyack Rd. Nanuet, NY
 - Office hour drop off 10am-4:00pm Monday- Friday

NO



**Box is too Large
Too many items
Box is too heavy**

YES



**Shoe box ☺
no more than the required items ☺**

**Thank you for
following
instructions!**

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