FOODBANK OF EASTERN OKLAHOMA

Pack Away Hunger Volunteer Instructions

What is the Backpack Program?

The Pack Away Hunger campaign supports the Food Bank of Eastern Oklahoma's Backpack for Kids program, providing nutritious, kid-friendly meals to children who might otherwise go hungry over weekends and school breaks.

With 1 in 4 Oklahoma children facing hunger, this program is a lifeline, and you can help.

How To Participate

Participate from home: Pack meal kits from home and drop them off at the Food Bank of Eastern Oklahoma
Participate as a group: Gather together with your church, business, or group and pack meal kits as a team

Items for Each Meal

- 1 Nut-free granola bar — 0.8–1.0 oz.
- 2 Apple juice boxes — 6.0–6.5 oz. each
- 1 Individual cereal box or cup — 0.6–1.2 oz.
- 1 Shelf-stable milk carton — 8 oz.
- 1 Chef Boyardee Beefaroni or Spaghetti & Meatballs microwaveable container — 7.5 oz.
- 1 Fully cooked chicken pouch — BBQ, fajita, or lemon pepper, 2.6 oz.
- 1 Beef- or chicken-flavored ramen noodles — 3 oz.
- 1 Applesauce pouch — 3.2 oz.
- 1 Beef or pork meat stick — 1 oz.

Product Guidelines

All food items must have nutritional facts and ingredients on the label, fit into a gallon-sized Ziploc bag, and be within their expiration date.

Volunteer Hours Guidelines

1 bag = 1 volunteer hour
Please note: You do not have to be seeking Volunteer Hours to Participate

Instructions for Groups

For those who are participating as a group or organization **NOT SEEKING COMMUNITY SERVICE HOURS** you can pack your kits and drop the completed bags off at our Volunteer Center at any time during operating hours (Monday-Thursday From 8:30am to 4pm).

IMPORTANT: If you have a large donation to drop off (large enough to fill a pallet), please email p.easley@okfoodbank.org to schedule either a drop-off time at our on-site warehouse dock or a pickup time for one of our trucks to stop by and pick it up for you.

Instructions for Individuals

For individuals who **ARE SEEKING VOLUNTEER SERVICE HOURS** you must register for an account within our volunteer hub so we can properly award you your hours. To do this, please go to okfoodbank.volunteerhub.com, create/sign-in to your account, and register for the Backpack for Kids Kits. To receive credit for your kits, you must drop-off your prepared kits to the Food Bank of Eastern Oklahoma during Volunteer Center operating hours from 8:30am - 4pm. Once you arrive at the Food Bank, you will be asked to fill out a form to make sure you receive volunteer credit. **IF YOU ARE A PARENT DROPPING OFF THESE KITS ON BEHALF OF YOUR CHILD, THE FORM MUST BE FILLED OUT WITH THEIR NAME AND CONTACT INFORMATION, NOT YOUR OWN.**

If you are an individual who is **NOT SEEKING VOLUNTEER SERVICE HOURS** you may drop off the completed kits anytime during operating hours (8:30am-4pm).

Location Information

Completed kits should be dropped off at the Food Bank of Eastern Oklahoma which is located at 1304 N. Kenosha Ave., Tulsa, OK, 74106

If you have any questions or concerns, please contact p.easley@okfoodbank.org

If you participate, take some photos or videos of you packing your kits and tag us @okfoodbank for a chance to be featured in our monthly newsletter and social channels!