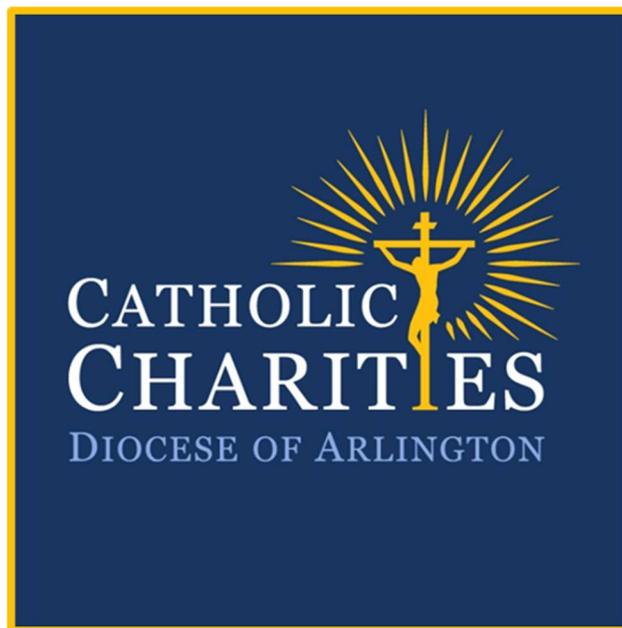


# Feed the Hungry Youth Service Projects

Benefitting the St. Lucy Project Contact: 703-479-2975, ext 103





# *Meal pack Service Projects*

## **Thank you for helping feed the hungry!**

### *Feeding the Hungry, Nourishing the Soul*

---

Each day we celebrate the abundance of God's many blessings in our lives. For those who are concerned for the welfare of the food insecure, this project is a great way to recognize those among us who struggle to put nourishing food on their table every day of the year. Catholic Charities has assembled an opportunity for you to come together with your loved ones, co-workers or friends to assemble meaningful **recipe packs, homeless snack packs, or kid meal packs** right in your own home, school or workplace. Your donation will be distributed to those in need throughout the Diocese through our network of food pantries.

This opportunity offers you a chance to give back to those who endure food security right here in our diocese. We appreciate your prayers and your support!

#### **This Kit Includes:**

- ❖ Facts and discussion questions about poverty and food insecurity in Virginia
- ❖ Suggested food items (**non-perishable items**)
- ❖ Drop-off locations for snack packs and meal packs:
  - Catholic Charities St. Lucy Project Warehouse
  - 8426 Kao Circle
  - Manassas, VA 201110 *or call to arrange pick up*
- ❖ Blank Blessing Card to fill out for your recipient family (or you can include a greeting card or homemade card of your own!)
- ❖ **Food Insecurity is:**
  - not knowing where your next meal will come from

- not having enough food to feed the entire family that often family members will skip meals
- resorting to cheaper, poorer quality food
- not having enough money for lunch (especially school children)
- ❖ **196,000** people in the Diocese of Arlington are food insecure
- ❖ **75,000** of the food insecure are children
- ❖ **What hunger is:**
  - “People often say, “I’m hungry!” But is hunger a growling stomach before lunch, a craving for an after-school snack, or something more? In school you learn about nutrition and how eating a balanced diet builds strong bodies, helps you think clearly, and provides energy you need to live life. When people do not have enough nutritious food to eat on a daily basis, this is real hunger. Hunger that continues over weeks and months is called *chronic hunger*. People who experience chronic hunger may get sick more often, and their ability to study or work is affected.” (A Kid’s Guide to Hunger and Homelessness)

### **Discussion questions for you family**

- ❖ How would both your body and mind feel if you couldn’t have breakfast and lunch? If you had little or no food for many days what would happen to you?
- ❖ When you think of the parable of the Good Samaritan, what does it mean in today’s world to be a Good Samaritan? What are ways you have been a Good Samaritan recently?
- ❖ Why do you think that people in our Diocese suffer from food insecurity? Discuss reasons why there are many living among us, right here in one of the wealthiest areas of the nation, who don’t have enough food to eat.
- ❖ Everyone is called to follow God’s call to serve the poor. Even young people!! What are some things that kids do to serve the poor –this could be the poor in spirit, the poor in health, the poor in material things!

**Kid Friendly Meal Pack Projects 1, 2, 3, 4, 5**

**Thank you for helping feed the hungry!**



## #1 Breakfast Pack

Choose *one* item from each category, and pack in a quart size Ziplock bag. Include a blessing card, or handwritten note inside.

- Contact the St. Lucy Project – Manassas Warehouse for delivery information: (703)479-2975, ext. 100**

### Individual Serving Size:

- Protein
  - Individual peanut butter ‘go’ cups
  - Vienna Sausage (single serving)
- Fruit
  - Dried fruit (raisins, cranberries)
  - Fruit cup
  - Apple sauce
- Grain
  - Instant oatmeal packs (2-4)
  - 2 Granola bars
- Beverage
  - Shelf stable boxed milk (plain or flavored)
  - Juice box



## #2 Ready to Eat Lunch Pack

Choose one item from each category,  
and pack in a quart size Ziplock bag.  
Include a blessing card, or handwritten  
note inside.

- Contact the St. Lucy Project – Manassas Warehouse for delivery information: (703)479-2975, ext. 103**

### Individual Serving Size:

- Protein
  - Individual peanut butter ‘go’ cups
  - Vacuum sealed tuna packs or canned tuna
  - Single serving cans of Chef Boyardee pasta meals
- Fruit
  - Raisins
  - Dried Fruit
  - Fruit cup
- Snack
  - Goldfish
  - Graham Crackers
  - Cookie packs
- Cracker packs
  - Cheese or Peanut butter
- Beverage
  - Shelf stable boxed milk (plain or flavored)
  - Juice box



## #3 “Welcome the Stranger” Refugee Pantry Pack

Catholic Charities resettles refugees in the diocese of Arlington. Many of them only have one suitcase and are unfamiliar with the local food and customs. Providing these families with a starter pantry pack is a compassionate way to “welcome the stranger.”

### Large Welcome Box

Supplies	Quantities
Spices – Cinnamon, Cumin, Pepper*	1 small container of each
Dates*	1 pound
Dry Beans	1 pound
Lentils	1 pound
Tea, Black*	1 box
Rice, Royal Basmati	1 pound

- Items can be packed in reusable grocery bags, or boxes.

### Small Welcome Packs:

- Scaled down packs with items designated with an \*, are wonderful housewarming packs.

Spices – Cinnamon, Cumin, Pepper*	Your Choice of 1 small container
Dates	1 pound
Tea, Black*	1 box

- **Welcome Card** – a hand drawn, colored picture, with no words. Item can be delivered to Manassas. (703)479-2975 ext. 103 for more delivery/pick up options.



## #4 CORNUCOPIA BAGS



## GROUP SERVICE PROJECT

This project supports the St. Lucy Food Project's Healthy Food Initiative. Fresh food is not readily accessible to the food insecure. Assemble a bag of Fall/Winter fruits and vegetables for immediate distribution to food pantries.

Consider including in your cornucopia bounty a **small** selection of your choice from the following Fresh seasonal items:

Potatoes	Broccoli
Yams	Cauliflower
Carrots	Brussel Sprouts
Beets	Oranges
Onions	Garlic
Radishes	Cauliflower
Kale	Celery
Apples	Pears

- Pack your selection of items into a paper bag which can be decorated, colored, or written on, or include a blessing card.

***Drop off at our Manassas Warehouse or arrange for a pickup.***

The St. Lucy Food Project is located at:

**8426 Kao Circle, Manassas, VA 20110 or call (703)479-2975 ext.103**

## **#5 Ready to Eat Recipe Packs**

### **Classic Chicken Noodle Casserole - Recipe**

Each participant would need to bring one each (or more for multiple meal donations) of the following:

- 1 pound Macaroni Noodles
- 1 10 – oz or 2 - 3 oz cans of cooked chicken, cubed
- 1 (14 oz.) can cream of chicken soup
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (16 oz.) can mixed vegetables (optional)

Additional items to include:

- ❖ Gallon size Ziplock bags
- ❖ Personalized card or note for each family meal
- ❖ Copy of recipe on next page

## Copy of Recipe

### **Chicken Noodle Casserole**

#### **Ingredients -30min to prepare, Serves 8**

- 1 pound noodles
- 2-cups cooked chicken, cubed (10oz can)
- 1 (14 oz.) can cream of chicken soup
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (16 oz.) can mixed vegetables (optional)
- ¾ cup milk (or water)
- salt and freshly ground pepper, to taste

Optional: breadcrumbs, parmesan cheese, melted butter for topping.

#### **Preparation**

1. Preheat oven to 375° F.
2. Bring a large pot of salted water to boil and cook egg noodles according to packaging directions, or until al dente.
3. Drain and set aside.
4. In a large bowl, combine soups and milk (or water) and stir together to mix.
5. Add vegetables, cubed chicken and egg noodles, and season with salt and pepper.
6. Pour mixture into a large casserole dish and lightly tap it against the counter to remove air bubbles and smooth it out.
7. In a separate bowl, toss together breadcrumbs, parmesan cheese and melted butter. Sprinkle evenly over the top of casserole.
8. Place baking dish in oven and bake for 30-35 minutes, or until vegetables are tender and sauce is bubbly.
9. Remove from oven and let cool 5 minutes. Transfer to serving bowls and enjoy!

---

### **Chicken Noodle Casserole**

#### **Ingredients -30min to prepare, Serves 8**

- 1 pound noodles
- 2-cups cooked chicken, cubed (10oz can)
- 1 (14 oz.) can cream of chicken soup
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (16 oz.) can mixed vegetables (optional)
- ¾ cup milk (or water)
- salt and freshly ground pepper, to taste

Optional: breadcrumbs, parmesan cheese, melted butter for topping.

#### **Preparation**

10. Preheat oven to 375° F.
11. Bring a large pot of salted water to boil and cook egg noodles according to packaging directions, or until al dente.
12. Drain and set aside.
13. In a large bowl, combine soups and milk (or water) and stir together to mix.
14. Add vegetables, cubed chicken and egg noodles, and season with salt and pepper.
15. Pour mixture into a large casserole dish and lightly tap it against the counter to remove air bubbles and smooth it out.
16. In a separate bowl, toss together breadcrumbs, parmesan cheese and melted butter. Sprinkle evenly over the top of casserole.
17. Place baking dish in oven and bake for 30-35 minutes, or until vegetables are tender and sauce is bubbly.
18. Remove from oven and let cool 5 minutes. Transfer to serving bowls and enjoy!