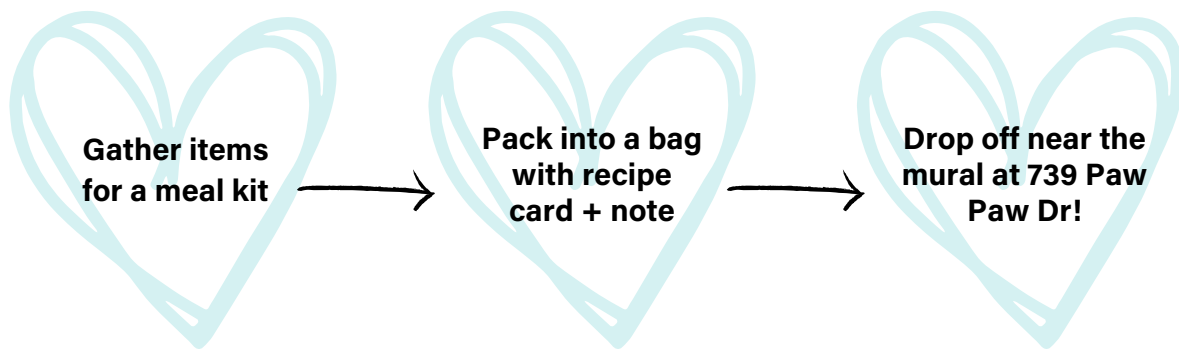




Let's turn love into action! Help us stock-the-shelves at Food Club with lovingly made meals. **We need your help to collect 200 meal kits for our guests**, making it easier for families to gather around the table and share a healthy meal. Inflation is slowing, but the cost of groceries is still going up - and families are feeling the impact. During the winter season when good nutrition is even more critical for keeping kids healthy and in school and parents engaged and able to provide for their families, **we're calling on community to help spread the love:**



What Happens Next?

Our team supplements meals with fresh items using produce from Lakeshore Food Rescue and local donors!

When families visit us at Food Club, they select a meal kit that works best for their family's cultural and dietary needs.

You help improve community health and well-being by providing nourishing food for families.



Healthy food nourishes more than just our bodies!

- Physical Well-being: Nutrient-rich meals support overall health, providing the energy we need to thrive.
- Mental Health: A well-balanced diet is closely linked to mental well-being. It can reduce stress, improve mood, and contribute to a positive mindset.
- Community Building: Shared meals strengthen the bonds within families and communities. They create a sense of unity and solidarity.
- Educational Impact: Proper nutrition is crucial for children's cognitive development. Access to healthy food sets the foundation for a successful academic journey.

Meal Kit Packing Instructions

1. Print your recipe or pick up a printed copy from our donation station, near the mural at 739 Paw Paw Drive
2. Add ingredients to your shopping list and pick them up on your next trip to the store
3. Pack your meal kit in any grocery bag, or pick bags up from our donation station
4. Cut out the recipe card and leave a note or color a picture on the back!
5. Fill out your information slip so we can track how many kits our community provides!
6. Drop off your meal kits at our donation station, near the mural at 739 Paw Paw Drive



Share your meal kit packing on social media with #FoodIsOurLoveLanguage and tag @communityactionhouse! Challenge your friends and family to join so we can reach our goal of 200 kits!

Packing multiple Meal Kits? Print the extra recipe cards below and complete one information slip with the total number of kits you supplied.

Any questions? Contact hello@communityactionhouse.org | 616.392.2368

Shopping Checklist: Please complete this checklist as you pack your meal kits

- | | | |
|--|--|---|
| <input type="checkbox"/> 1LB dry whole wheat pasta | <input type="checkbox"/> 1 Jar Basil Pesto Sauce | <input type="checkbox"/> Grated Parmesan Cheese |
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Freshly Ground Black Pepper | |

Help us track how many meal kits our community has packed!

Name(s): _____ Phone: _____

Email: _____ Address: _____

How many meal kits did you build to spread the love & nourish our neighbors? _____

Leave a Note!

Print & cut the recipe card to the right. On the back, leave a note of encouragement or draw a picture!

Prompts to consider:

- What's your favorite fruit or vegetable?
- What does community mean to you?
- Today is a good day because _____!

Healthy@Home
SIMPLE | EASY | FRESH

Pesto Pasta with Roasted Vegetables Serves 6

Included



- 1 Pound dry whole wheat pasta (any shape)
- 1 Jar basil pesto sauce
- Grated parmesan cheese
- Extra virgin olive oil
- Freshly ground black pepper

Included Fresh by Action House

- 3 Cups of assorted chopped vegetables (Options: Cherry tomatoes, mushrooms, broccoli, asparagus, etc.)

Meal Kit Packing Instructions

1. Print your recipe or pick up a printed copy from our donation station, near the mural at 739 Paw Paw Drive
2. Add ingredients to your shopping list and pick them up on your next trip to the store
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Shopping Checklist: Please complete this checklist as you pack your meal kits

- 1 Can (No added Sugar) of Mandarin Oranges 1 can Unsalted Cashews or Sliced Almonds
- 1 package of Dried Cranberries 1 can of Crunchy Chow Mein Noodles 1 Bottle of Lite Asian Toasted Sesame Salad Dressing (or similar)

Help us track how many meal kits our community has packed!

Name(s): _____ Phone: _____




Email: _____ Address: _____

How many meal kits did you build to spread the love & nourish our neighbors? _____

Leave a Note!

Print & cut the recipe card to the right. On the back, leave a note of encouragement or draw a picture!

Prompts to consider:

-  What's your favorite fruit or vegetable?
-  What does community mean to you?
-  Today is a good day because _____!

Healthy@Home
SIMPLE | EASY | FRESH

Asian Sesame Salad Serves 4

Included

- 1 can (15 ounces) no sugar added mandarin oranges
- 1 can unsalted cashews or sliced almonds
- 1 package dried cranberries (Craisins)
- 1 can crunchy chow mein noodles
- 1 bottle Lite Asian toasted sesame salad dressing (or similar)

Included Fresh by Action House

- 1-2 heads of romaine lettuce
- Assorted fresh vegetables (carrots, bell peppers, cucumber, green onion, etc.)

Meal Kit Packing Instructions

1. Print your recipe or pick up a printed copy from our donation station, near the mural at 739 Paw Paw Drive
2. Add ingredients to your shopping list and pick them up on your next trip to the store
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Packing multiple Meal Kits? Print the extra recipe cards below and complete one information slip with the total number of kits you supplied.

Any questions? Contact hello@communityactionhouse.org | 616.392.2368

Shopping Checklist: Please complete this checklist as you pack your meal kits

- 12.5 oz can of chicken breast (reduced sodium)
- 4oz can of green chiles
- 28oz can (red or green) enchilada sauce
- Cumin
- Chile Powder
- 12 - Corn Tortillas
- 16oz Jar Salsa
- 15oz Can Black Beans (reduced salt)
- 15oz Can Corn (reduced salt)

Help us track how many meal kits our community has packed!

Name(s): _____ Phone: _____

Email: _____ Address: _____

How many meal kits did you build to spread the love & nourish our neighbors? _____

Leave a Note!

Print & cut the recipe card to the right. On the back, leave a note of encouragement or draw a picture!

Prompts to consider:

- What's your favorite fruit or vegetable?
- What does community mean to you?
- Today is a good day because _____!

Healthy@Home
SIMPLE | EASY | FRESH

Chicken Enchiladas with Black Bean Salsa Serves 6

Included

- 1 - 12.5oz can chicken breast (reduced sodium)
- 1 - 4oz can green chiles
- 1 - 28 oz can red or green enchilada sauce
- Cumin
- Chili powder
- 12 - corn tortillas
- 1 - 16oz jar salsa
- 1 - 15oz can black beans (reduced sodium)
- 1 - 15oz can corn (reduced sodium)

Included Fresh by Action House

Assorted Veggies to top: lettuce, tomato, green onions

Optional Toppings

2 - cups shredded reduced fat colby jack cheese

Healthy@Home

SIMPLE | EASY | FRESH

Pesto Pasta with Roasted Vegetables Serves 6

Included

- 1 Pound dry whole wheat pasta (any shape)
- 1 Jar basil pesto sauce
- Grated parmesan cheese
- Extra virgin olive oil
- Freshly ground black pepper

Included Fresh by Action House

- 3 Cups of assorted chopped vegetables (Options: Cherry tomatoes, mushrooms, broccoli, asparagus, etc.)

 Proudly Community Action House

Healthy@Home

SIMPLE | EASY | FRESH

Pesto Pasta with Roasted Vegetables Serves 6

Included

- 1 Pound dry whole wheat pasta (any shape)
- 1 Jar basil pesto sauce
- Grated parmesan cheese
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- Freshly ground black pepper

Included Fresh by Action House

- 3 Cups of assorted chopped vegetables (Options: Cherry tomatoes, mushrooms, broccoli, asparagus, etc.)

 Proudly Community Action House

Healthy@Home

SIMPLE | EASY | FRESH


Asian Sesame Salad Serves 4

Included

- 1 can (15 ounces) no sugar added mandarin oranges
- 1 can unsalted cashews or sliced almonds
- 1 package dried cranberries (Craisins)
- 1 can crunchy chow mein noodles
- 1 bottle Lite Asian toasted sesame salad dressing (or similar)

Included Fresh by Action House

- 1-2 heads of romaine lettuce
- Assorted fresh vegetables (carrots, bell peppers, cucumber, green onion, etc.)

 Proudly Community Action House

Healthy@Home

SIMPLE | EASY | FRESH

Asian Sesame Salad Serves 4

Included

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 Proudly Community Action House

Healthy@Home

SIMPLE | EASY | FRESH

Chicken Enchiladas with Black Bean Salsa Serves 6

Included

- 1 - 12.5oz can chicken breast (reduced sodium)
- 1 - 4oz can green chiles
- 1 - 28 oz can red or green enchilada sauce
- Cumin
- Chili powder
- 12 - corn tortillas
- 1 - 16oz jar salsa
- 1 - 15oz can black beans (reduced sodium)
- 1 - 15oz can corn (reduced sodium)

Included Fresh by Action House

Assorted Veggies to top: lettuce,
tomato, green onions

Optional Toppings

2 - cups shredded reduced
fat colby jack cheese

 Proudly Community Action House

Healthy@Home

SIMPLE | EASY | FRESH

Chicken Enchiladas with Black Bean Salsa Serves 6

Included

- 1 - 12.5oz can chicken breast (reduced sodium)
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