MAX

Food Insecurity Support [Max]

12 STEPS

About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

Learn More at ProjectHelping.org

When You Build a Kynd Kit - The Cycle of Impact

Tips for Building Your Kit

Helpful Tip for Building Your Kynd Kit

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

Spanish Translation Options

ENGLISH TO SPANISH PHRASES

English	Spanish
Be proud of yourself	Siéntete orgulloso/a de ti mismo/a
Thinking of you	Pensando en ti
Sending love	Mandándote amor
You got this!	¡Tú puedes!
You are stronger than you seem, braver than you believe, and smarter than you think.	Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas.
This time will pass and good things are coming your way.	Deberías sentirte orgulloso/a.
Keep moving forward and fighting for that future!	El próximo capítulo de tu vida será mucho mejor.
Thinking of you during this time and sending warm, supportive thoughts your way.	Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.
Start where you are. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. Haz lo que puedas hacer.
I know this won't be easy, but I also know you've got what it takes to get through it.	Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.

STEP 3 OF 12

Food Insecurity Support [Max]

Before You Build

This kit was built with Conscious Alliance who partners with bands, artists, and fans to host food drives at concerts and music festivals across the country. From this they distribute healthy food to communities by partnering with schools, pantries, and other organizations working in the hearts of neighborhoods with an emphasis on remote rural areas including Native American reservations.

Food insecurity is the condition of not having access to sufficient food, or food of an adequate quality, to meet one's basic needs. Unfortunately, many people in America struggle to meet their basic needs, which increases their risk of food insecurity. For example, lay-offs at work, unexpected car maintenance, or an accident can suddenly force a family to choose between buying food and paying bills. More than 34 million people, including 9 million children experience food insecurity in the United States.

STEP 4 OF 12

Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics.**

Before

After
BE KIND
to
yourself

DIY Tote Bag

Decorate the Canvas Tote

Decorate the canvas tote to make it fun and colorful! Tip: place a piece of paper in the tote before decorating. This will prevent the marker from bleeding through the tote.

STEP 6 OF 12

DIY Magnets

You will either have magnets or cardstock squares with magnet dots in your kit. Decorate them with pictures, I am statements, encouraging quotes, jokes, etc. If you have magnet dots, stick them to the back of each cardstock square to make a fun magnet.

Before

After
IT'S A GOOD DAY
TO HAVE A GOOD DAY
DON'T WORRY
BEE HAPPY

DIY Apron

Create a fun and colorful apron using the permanent markers included in the kit.

STEP 8 OF 12

Decorate the Utensil Holder

Use the permanent markers to decorate the utensil holder with a picture, quote, or words of affirmation.

Before

After

Nonperishable Food

Go Through Your Pantry and Additional Nonperishable Food!

- Pasta
- Rice
- Oats -Beans
- Spices
- Canned soup
- Canned vegetables/fruit
- Broth
- Nuts
- Granola Bars
- Tuna/chicken pouches
- Raisins
- Nut butter
- Powdered milk

- Sugar/flour

STEP 10 OF 12

Pack The Food Insecurity Support Kit

Pack all of the materials into the decorated tote bag and put it back into the original box.

- Please only include items that are UNOPENED and UNUSED
- Add any optional items you would like.

Optional Items to Add:

- Additional nonperishable foods
- Journal
- Fidget toys
- Activity/coloring books

Items not to include:

- Perishable items
- Sharp objects
- Religious or political items

STEP 11 OF 12

Register My Kit (Optional)

> **Register your kit**
>
> To register and track your kits, you must visit the online instructions.
>
> *Registering your kit is optional.*

STEP 12 OF 12

Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team