

# Family Volunteer Opportunity



*Are you looking for ways to have your children give back?  
If so, your family can volunteer to prepare snack bags for children  
right here in your own community.*

**What:** Your family will purchase kid snacks (*see shopping list on opposite side*) and then bring them to the Food Pantry where you will pack a minimum of 50 snack bags (5 items per bag). Each bag will provide snacks for 1 child for 1 week.

During your visit your family will help weigh the food you bring, receive a tour of the Food Pantry and learn about how we help those in need and why it is so important to give back to the community.

**Who:** Children of all ages are welcome. We can accommodate up to 8 volunteers with a maximum of 3 children under the age of 16 per each adult.

**When:** By appointment

*You should allow for about 1 hour depending on how many volunteers are in your group.*

**Where:** Beverly Bootstraps, 35 Park Street, Beverly

**Why:** Many families have a hard time keeping enough food in the house on budgets that are already strained. We help by providing bags full of healthy snacks to families with children at the Food Pantry.

Please contact Volunteer Coordinator, Leslie Colten at [lcolten@beverlybootstraps.org](mailto:lcolten@beverlybootstraps.org) or 978-927-1561 for more information or to schedule a time.



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You supply the snacks, we supply the bags!  
Please choose 5 items from this list and  
purchase 50 individual servings of each.

## Shopping List:

Granola bars  
Peanut butter crackers  
Cheese crackers  
Goldfish crackers  
Pretzels  
Annie's gummy fruit snacks  
100%-real-fruit fruit leather  
Trail/nut mix  
Dried fruit (raisins, craisins, etc.)

*\*\*All items must be individually packaged and  
in single serve packs\*\*  
(average cost to you for snacks to fill 50 bags is \$100)*