

Remote Volunteering

We appreciate you for your time and efforts to help babies and toddlers in need.

Please turn this in with your completed project. We accept donations at our main building, Monday - Friday, 9 am - 4 pm.

Name or Group: _____

Date: _____

Email: _____

Number of Volunteers: _____

How many meal kits did you complete: _____

(This equals the number of babies and toddlers you helped!)

How many hours did it take you to complete this project? _____



FAMILY MEAL KITS

This volunteer opportunity provides a complete, nourishing meal for a family that can help make the essentials they receive from Infant Crisis Services go even farther. By providing shelf stable ingredients that easily come together for a warm meal, you are investing in families and alleviating some of the stress that meal times can bring.

Guidelines:

- Be sure nothing is less than 3 months from expiring.
- Please no perishable or open items.
- Purchase all the items for your selected recipe(s). (See recipe cards below for options).
- Assemble as many meal kits as you would like into clear, gallon-size ziploc bags. (1 meal per bag)
 - For the Chicken Biscuit Bake, you may package items in 9x13 foil pan instead (optional).
- Print recipe cards and include them in your completed kits.
- To schedule your drop-off, email alejandravillar@infantcrisis.org.



Example of what a completed kit could look like!

Pumpkin Chili

Prep: 5 mins

Cook: 20 mins

Serves: 4-6

INGREDIENTS

- 1 can pumpkin
- 2 cans beans (black or kidney)
- 1 can diced tomatoes
- 1 can corn
- 1 can beef broth
- 1 packet taco seasoning

(Optional addition at home: browned ground beef)

INSTRUCTIONS

1. Drain and rinse corn and both cans of beans. Do not drain tomatoes.
2. Pour all cans into a pot on the stove along with the packet of taco seasoning and ground beef if using.
3. Heat on medium and bring to a boil. Once boiling, turn heat down to low and simmer 15-20 minutes.
4. Serve warm and enjoy!

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Chicken Biscuit Bake

Prep: 5 mins

Cook: 60 mins

Serves: 4-6

INGREDIENTS

- 1 box garlic & herb biscuit mix (10-12 oz)
- 1 large can cooked chicken
- 2 cans mixed vegetables
- 1 can evaporated milk
- 1 can cream of chicken soup

INSTRUCTIONS

1. Preheat oven to 350. Lightly grease 9x13 baking dish.
2. Drain the canned chicken but save the broth. Shred chicken.
3. Add chicken and both cans of vegetables (drained) to baking dish. Stir to combine.
4. In a bowl, mix the biscuit mix and evaporated milk. Pour this over chicken mixture.
5. In the same bowl, combine cream of chicken soup, reserved broth, and $\frac{1}{2}$ cup of water. Stir until smooth, then pour over biscuit layer. Do not stir.
6. Bake uncovered for 50-60 minutes, until golden and bubbly.
7. Let rest 10 minutes before serving. Enjoy!

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Vegetable Soup

Prep: 5 mins

Cook: 15 mins

Serves: 2-4

INGREDIENTS

- 1 box pasta, such as elbows
- 24 oz jar of pasta sauce
- 1 can kidney beans
- 1 can carrots
- 1 can green beans
- 1 can diced tomatoes
- 1 can chicken or beef broth

INSTRUCTIONS

1. Drain and rinse kidney beans. Drain carrots and green beans.
2. Combine sauce, vegetables, and broth, with 2-3 cups water in a pot over medium heat.
3. Bring to a boil, then add pasta.
4. Lower heat and simmer for 12-15 minutes, or until pasta is tender.
5. Serve warm and enjoy!

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