



# Volunteering From Home

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

*\*Please turn this in with your completed project.*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_

Number of Volunteers: \_\_\_\_\_

How many packs did you complete? \_\_\_\_\_

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

How many hours did it take to complete your snack packs?

\_\_\_\_\_



**Infant Crisis Services®**  
*No baby should go hungry*

# HEALTHY SNACK PACKS FOR TODDLERS

This volunteer opportunity feeds a toddler while also educating families about healthy snack options. Often the cheapest snacks have the most empty calories. Unfortunately, our clients usually have a very limited grocery budget and are forced to choose low-cost products instead of healthy options. By making Healthy Snack Packs for Toddlers, you will be investing in strong and healthy kids!

## Guidelines:

- Be sure nothing is less than three months from expiring.
- Snacks must be **individually wrapped and pre-packaged**.
- We typically add a drink and two snacks per bag.
- Please no candy or nuts.
- No perishable food items such as fresh fruit or veggies.
- Place everything in a clear sack to allow parents to see what they are choosing for their child.
- Create as many snack packs as you like.

## Healthy snack pack suggestions:

- Organic applesauce
- Puffs (fruit or veggie)
- Organic fruit snacks
- Juice drinks
- Organic cookies or crackers
- Protein or squeezable fruit or veggies

