



UNITE AGAINST THE CYCLE



SHARE THE LOVE



Time around the table is time for making memories. Dinner with the family, making a nutritious meal sprinkled with love is a great way to show them you care. You can share the love of family and the love of food with other families in Maricopa County.

MAKE A FAMILY FOOD BOX!

Gift a free meal to a family in need with a Family Food Box. It's easy! Just gather all non-perishable ingredients for one of your favorite recipes and put them in a box with the recipe and encouraging note on a card to go to a family of four in transitional housing getting back on their feet.

Here's an Example

Let's say your favorite meal to share with your family is tacos. You could gather:

- Crunchy Tortilla Shells
- Taco Seasoning
- A Jar of Salsa
- Canned Diced Tomatoes
- Canned Beans
- Canned Olives
- Canned Green Chilies



Throw in an index card with step-by-step instructions and a kind note and contact us for drop off!

THANK YOU FOR YOUR SUPPORT

To receive more information or schedule a drop off, contact us at:
volunteer@vsuw.org or (602) 631-4846

602-631-4800

602-631-4809 FAX

information@vsuw.org

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