

# EATING MADE EASY

Help youth and young families in need by providing a family with food for a week!

Our youth and young families often don't have time or resources to figure out meals. Help us provide a week of breakfast, lunch and dinner items for a youth and/or family!

### Kits often include items such as:

container or box for storage, cereal, oatmeal, breakfast bars, pancake mix, syrup, peanut butter, jelly, ketchup, hot sauce, mustard, spaghetti sauce, noodles, canned veggies, hamburger helper, skillet meals, ravioli, Mac and cheese, fruit cups, canned soup, rice etc.



### Contact

[volunteer@thelinkmn.org](mailto:volunteer@thelinkmn.org)

Visit [www.thelinkmn.org](http://www.thelinkmn.org) for more information.