

# Blizzard Box Instructions

NO



Box is too Large  
Too many items  
Box is too heavy

**Thank you for carefully following instructions!**

If boxes do not contain all required components, they cannot be sent to our clients. We do not have supplies on hand to complete boxes that are not properly assembled.

YES



Shoe box 😊  
no more than the required items 😊

Must have: (Low sodium and Low sugar)	Optional: May add but not required
1 Protein 1 Vegetable 1 Fruit 1 Soup 1 Starch 1 Milk (shelf-stable)	1 condiment 1 dessert A note or card for the senior

Please see examples for each item on opposite side of flyer.

*Together, We Deliver*



**Meals On Wheels**

*Meals are just our first course!*

121 West Nyack Rd. Nanuet, NY 10954

845-624-6325

[www.mowrockland.org](http://www.mowrockland.org)

# Blizzard Box Instructions

## Instructions:

1. Collect non-perishable food. You may collect from family and friends, at school or places of worship or at grocery stores (with a certificate of liability from Meals on Wheels). You may also purchase the food yourself.
2. Collect shoeboxes only – **PLEASE DO NOT USE BOOT BOXES OR LARGE SHOEBOXES.** You may also use decorative file type boxes.
3. Gift wrap the top and bottom of each shoebox separately so that they may be easily opened.
4. Fill each shoebox with non-perishable items according to the requirements listed below. You may also include a note or card.

**PLEASE INCLUDE NO MORE THAN ONE ITEM FROM EACH OF THE CATEGORIES LISTED BELOW.**

**VOLUNTEER DRIVERS DELIVER THE BLIZZARD BOXES. PLEASE NOTE: IT IS VERY DIFFICULT TO DELIVER LARGE/HEAVY BOXES.**

<b>Vegetable</b> Any canned vegetable (low sodium only)	<b>Fruit</b> Any canned fruit (packed in its own juice or water) Raisins or other dried fruit
<b>Soup</b> Low sodium chunky soups Low sodium vegetable soup (tomato, minestrone) No plain broth, please	<b>Starch</b> Pasta Oatmeal packet Individual macaroni and cheese Individual rice packets
<b>Beverage (individual sized)</b> Shelf stable boxes of milk Parmalat	<b>Protein</b> Canned chicken Canned tuna or salmon Peanut Butter (no sugar added)
<b>Condiment (Optional)</b> Jam/jelly (no sugar added) Small containers of mustard, ketchup or mayonnaise Honey or light dressing	<b>Dessert (Optional)</b> Prepacked low sugar, low fat pudding snacks Granola bar Juice

A Blizzard Box is an assortment of non-perishable food items packed into decorative shoeboxes. The boxes are delivered to our Home Delivered Meal recipients in the event that food deliveries are halted due to weather related or other emergencies.

Blizzard Boxes **MUST** be assembled according to the instructions with **all** components included.

Completed boxes can be brought to  
 Meals on Wheels  
 121 West Nyack Rd.  
 Nanuet  
 Monday-Friday  
 9am-3:30pm

**Need community service hours? We credit 1 service hour for each Blizzard Box donated.**

Questions? Call 845-624-6325 or email [info@mowrockland.org](mailto:info@mowrockland.org) for assistance.



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