



# Fill a Food Box Food Drive

A box of food is provided monthly to Lowell middle schools, junior highs, and the high school. Staff members at the schools distribute the food to students that are identified as in need!

Items should be for an individual, portable, and easy to prepare

**Apple Sauce Cups**  
**Breakfast/Granola Bars**  
**Fruit Cups**  
**Mac n' Cheese Cups**  
**Oatmeal/Cereal Cups**  
**Ravioli & Spaghetti O's**  
**Soups & Stews**  
**Juice Boxes**  
**Water & Sports Drinks**  
**Pudding Cups**  
**Individual Snacks**

*Cheese & Crackers, Pretzels, Fruit Snacks, Crackers*

Please contact Tammie Dubois for me information.  
[tdubois@mvfb.org](mailto:tdubois@mvfb.org) or 978-454-7174.

