

# PIRATE BLIZZARD BOXES

## for Pearl River Senior Citizens

PRMS and PRHS are joining forces to create Pirate Blizzard Boxes for Pearl River Senior Citizens. Follow the steps below to help spread a little comfort and cheer to our local senior citizens!

Questions?

PRMS: Contact Holly Gallet (galletholl@yahoo.com) or Kristi Thompson (kvthompson@gmail.com)

PRHS: Contact Denise Anselmi (danselmi07@gmail.com)

Steps:

- 1) Collect shoe boxes (no boot boxes or large boxes, shoe boxes only).
- 2) Gift wrap the top and bottom of the shoe boxes separately for easy access.
- 3) Fill each box with one non-perishable item from each category listed below.
- 4) Include a note of cheer in each box (first name only, no addresses).
- 5) **Drop off completed boxes to PRMS or PRHS by February 26.**
- 6) Teachers begin delivering boxes on February 27.



**No more than one item from each category per box**

<p><b>Vegetable</b></p> <ul style="list-style-type: none"> <li>• Any canned vegetable (low sodium only)</li> </ul>	<p><b>Soup</b></p> <ul style="list-style-type: none"> <li>• Low sodium chunky soup (minestrone, etc.)</li> <li>• Low sodium vegetable soup (tomato, etc.)</li> </ul>
<p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Any canned fruit (packed in its own juice or water)</li> <li>• Raisins or other dried fruit</li> </ul>	<p><b>Starch</b></p> <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Oatmeal packet</li> <li>• Individual mac and cheese</li> <li>• Individual rice packets</li> </ul>
<p><b>Protein</b></p> <ul style="list-style-type: none"> <li>• Canned chicken</li> <li>• Canned tuna or salmon</li> <li>• Sardines</li> </ul>	<p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>• Shelf-stable boxed milk</li> <li>• Parmalat</li> </ul>
<p><b>Condiment (optional)</b></p> <ul style="list-style-type: none"> <li>• Jam/jelly (no sugar added)</li> <li>• Small containers of mustard, ketchup, mayo, honey or lite salad dressing</li> </ul>	<p><b>Dessert (optional)</b></p> <ul style="list-style-type: none"> <li>• Prepacked low sugar, low fat pudding snacks (shelf-stable)</li> <li>• Granola bar</li> <li>• Juice</li> </ul>

Sponsored by PRMS PTA, PRHS PTSA & Pearl River Teachers Association

**\*\*One Blizzard Box = One Community Service Hour\*\***