

PEARL RIVER PTA & PRTA

**are collaborating to transport Blizzard Boxes to the
Pirate Patriarchs of our Community.**

- ☐ Collect shoe boxes (no boot boxes or large boxes, shoe boxes only).
- ☐ Gather non-perishable food items listed below.
- ☐ Gift wrap the top and bottom of the shoe boxes separately for ease of access.
- ☐ Fill each box with one item from each category listed below.
- ☐ Write a note of cheer.
- ☐ Community Services Hours Opportunity! - You will receive one hour of community service for each box submitted.
- ☐ Blizzard Boxes are due by February 26 and deliveries will begin February 27. Drop off completed boxes to PRMS or PRHS. Blizzard

No more than one item from each category per box.

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