



FREQUENTLY ASKED QUESTIONS

What is Pack with a Purpose?

A safe way to serve. Help U.S. Hunger deliver food to families in need in just a few easy steps. Each participant will receive a shopping list curated by selecting commonly requested items by the families these boxes will be serving. This list will also meet a total weight requirement. Every box filled will contain 92 servings of food and helps a local food pantry battle the increased food insecurity rates rising across the USA.

How can I get involved?

- All you have to do is request a box/boxes
- We will send you a box and you will receive it within 7 days through FedEx
- Use your Shopping List provided to gather your food items
- Pack your box and add the prepaid FedEx Shipping Label on the outside of the box
- Drop off your box at any FedEx Location. [Find a FedEx near you.](#)

What do I need to purchase?

You can find our shopping list [here](#). Food banks list these items as the most needed and we ask that you please only include these items. Items cannot be shipped if they exceed the weight on the shipping label provided. All items packed must be unopened, and not past their expiration date.

How big is the box?

The box you will fill is 9.5" x 9.5" x 9.5".

How much is in each box?

Each box will contain 92 servings.

How long will the 92 servings last?

The 92 servings for one person will last about 4 weeks and a family of four about 7 days.

Can I send items I already have in my home? What about items that are not on the list?

Yes, Of course! Make sure all items from your home have been cleaned and only include items that are sealed, shelf-stable, not expired, and are included in the grocery list provided.



FREQUENTLY ASKED QUESTIONS

What if I can't find all of the items on the grocery list? Can I pack multiples of each item?

Don't worry! If you can't find all of the items on the list, it's ok to send an incomplete box. Please do not send multiples of the same items unless requested. Boxes exceeding the weight on the prepaid shipping label will not be able to be shipped.

How do I ship the box?

Remember to fill your box with items from the recommended shopping list, seal the box securely, attach the prepaid shipping label, and drop the box off at your closest FedEx location.

Can I order more boxes?

Yes! Thank you so much for wanting to help those in need.

Where are these boxes going?

These boxes will be distributed to food banks all across the country. From there, they will help provide food to local families in need. If you are with a partner organization, they will go to the pre-selected food bank/pantry.

Who am I helping?

With all of your help, these boxes will be provided to those who need it most. The boxes will be sent to local food pantries all across the country.

I am in need of food, how can I receive a box?

These boxes are going to a specific food bank/pantry, but you can apply for food assistance through our virtual food bank by filling out this application.

<https://fullcart.org/good-deeds-apply/>