



# FOOD BOXES FOR OUR NEIGHBORS

**Food boxes are a powerful way to show up and let our neighbors know that we care about them.**

Thank you so much for being part of our first Care Team project to build culturally appropriate food boxes for Latine and Afghan immigrant patients and families at Health Brigade.

Many families we serve are experiencing a new level of food insecurity. Folks are avoiding grocery stores out of concern for their safety with an increased ICE presence. The boxes can offer relief and a reminder that people care.



## HOW TO BUILD A FOOD BOX :

1. **Grab a box**, any old recycled box will do. You can decorate it if you like! (optional)
2. **Shop for the food items**. A list of food items to buy, picture and written lists are included. The list is from a survey from our patients and clients of most needed items. The complete list runs around \$60-\$70.
3. **Print & sign cards (optional)**. Encouraging messages translated into Spanish, Pashto and Dari) are included for you to sign or decorate.
4. **Deliver the box (or boxes!) to Health Brigade.**
5. **We'll deliver to the Health Brigade families we serve!**

## WHERE TO DROP BOXES OFF:

Health Brigade  
1010 N. Thompson Street  
Richmond, Virginia 23230

**You can drop your box off in the foyer (there will be a sign!) at the entrance on Thompson Street from Monday- Friday 9am to 5pm.**

If you need to drop off during another time please holler and we can make something work!

[psalgado@healthbrigade.org](mailto:psalgado@healthbrigade.org)

1



LATIN

2



3



4



5



Please buy all of the food from at least 3 sections for a complete box.

# AFGHAN

1



2



3



4



5

extra/optional



Please buy all of the food from at least 3 sections for a complete box.



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**LATIN SHOPPING LIST:** Please supply all of the food from at least 3 sections for a complete box.

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**#1**

Nido Instant Full Cream Milk Powder, 14.1 Oz  
Maizena Unflavored Corn Starch Powder, 14.1 oz  
Whole Grain Oats Quick 1-Minute Instant Oats 18oz  
Cafe Bustelo, Espresso Style, Dark Roast Instant Coffee, 7.05 oz Jar

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**#2**

Maseca Gluten Free Instant Corn Masa Flour 4 lb  
P.A.N. Gluten Free White Corn Meal 35.27 oz  
Elbows Pasta, 16 oz  
Long Grain Rice, 5 lbs  
Goya Fidelini Pasta, 7 Ounce

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**#3**

Black Beans 15.5 oz Can  
Kidney Beans 15.5 oz Can  
Chick Peas 15.5 oz Can  
Pinto Beans 15.5 oz Can  
La Preferida Refried Beans, 16 oz, Can  
Juanita's Foods Mexican Style Hominy, 25 oz, Can  
Ducal Refried Black Beans, 15 Oz  
Goya Pinto Beans, 16 Oz  
Dry Lentils, 1 lb

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**#4**

GOYA Spanish Style Tomato Sauce, 8 oz Can  
Evaporated Milk, 12oz  
GOYA Sazon with Azafran Seasoning Mix, 8 Packets, 1.41 oz Box  
La Costeña Pickled Sliced Jalapenos, 7 oz  
Goya Adobo All-Purpose Seasoning with Pepper, 16.5 oz  
Goya Cocktail Olives, Pitted, 5.5 Oz  
Goya Mojo Criollo Marinade, 24.50 Fl Oz

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**#5**

Vienna Sausage in Chicken Broth 4.6 oz.Can (2 pack)  
StarKist Chunk Light Tuna in Water, Wild Caught (3 pack)

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**AFGHAN SHOPPING LIST:** Please supply all of the food from at least 3 sections for a complete box.

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**#1**

All Purpose Flour, Baking Flour, 5 lb Bag  
Pure Granulated Sugar, 4 lbs  
Long Grain Rice, 5 lbs  
Natural Brown Long Grain Rice, 1 lb

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**#2**

Elbows Pasta, 16 oz (2)  
Black Beans 15.5 oz Can (2)  
Kidney Beans 15.5 oz Can (2)  
StarKist Chunk Light Tuna in Water, Wild Caught (3 pack)

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**#3**

Chick Peas 15.5 oz Can (2)-3.04  
Whole Kernel Corn, Canned Vegetables, 15.25 oz Can (2)  
Whole Milk, 32 fl oz (Shelf-Stable) (1)

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**#4**

Whole Almonds, 14 oz  
Walnuts Halves & Pieces, 8 oz  
Pistachios, 16 oz  
Extra Virgin Olive Oil, 17 fl oz  
Vegetable Oil, 33.8 fl oz Bottle

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**#5**

Infant Powder Baby Formula with Iron 12.5 oz Can (extra/optional)

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## EXTRA INFO:

- **If you don't have time to shop, no worries!**
  - Here are lists where you can purchase food online and have it delivered right to your door:
    - [Amazon Wishlist](#)- Latin
    - [Walmart List](#)-Latin
    - [Amazon Wishlist](#)- Afghan
    - [Walmart Wishlist](#) - Afghan
  - **I would like to support local businesses, where can I go?**
    - Arco Iris Latino Market and Mis Pais Mart (Latin)
    - Mantu Market (Afghan) and Watan Market (Afghan and International)
  - **What if I can't find the exact food on the list?**

Most of the food can be found in the international food aisle. Don't worry about buying exact brands, these are familiar items for our Latin & Afghan communities but not required. Generic is great!
  - **What if I can't buy everything on the list?**

The complete lists run between \$60-\$75. It's really okay if you can't purchase everything, we just ask that you supply **at least 3 sections** off the list.
  - **Host a food box building party.**

Gather with your business, community or faith group, neighborhood, or other service group to collect food items and assemble boxes together. Making cards and decorating boxes are a great way to get everyone involved.
  - **Deliver completed boxes.**

In order to serve our patients, clients and their families most effectively, please send your box completed and ready to be delivered. We currently can not collect food items individually and assemble boxes. We'll deliver the boxes to our families.
  - **I got too busy, I can't make a box anymore!**

It's all good, a donation to Health Brigade is always super helpful. Donate [here!](#)
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CARE  
+ IS  
RESISTANCE

# ENCOURAGEMENT FOR OUR NEIGHBORS

CARDS IN SPANISH, DARI & PASHTO:

شما تنها نیستید، ما همیشه در کنار شما هستیم

تاسو یوازې نه یاست، موږ تل ستاسو تر څنګ یو

*You are not alone, we are always here for you.*

کمک کوچک با قلبی پر از محبت برای شما آماده  
شده است.

دا یو کوچنی مرسته ده، خو د ډېرې مینې سره  
ستاسو لپاره چمتو شوې ده.

*This small gift is prepared for you with a heart  
full of care.*

No estás solo, siempre estamos aquí para ti.

*You are not alone, we are always here for you.*

Te deseamos a ti y a tu familia paz, felicidad y  
muchos días mejores por delante.

*We wish you and your family peace,  
happiness, and better days ahead.*