

You'll Need

- 1 TAPE**
packing tape
- 2 FOOD TO FILL THE BOX**
shopping list [here](#)
- 3 PREPAID SHIPPING LABEL**
you received with your package

The Process

- 1 SHOP FOR YOUR FOOD ITEMS**
safely in-person, or online from the recommended [shopping list](#) (estimated cost of the food is \$20)
- 2 CONSTRUCT YOUR BOX**
using tape seal the bottom of your box, leaving the top open for packing
- 3 WHEN PACKING THE BOX**
place your cans first, and then place all other items on top of the cans. Once filled, make sure the top of the box can close flat
- 4 SEAL THE BOX AND ADD YOUR SHIPPING LABEL**
place your provided pre-paid shipping label on the top of the outside of the box. The box is now ready to mail!
- 5 FIND YOUR NEAREST UPS LOCATION**
by visiting [UPS.com](https://www.ups.com) or call for UPS to pick up your package at 1.800.742.5877. *Additional fees apply for UPS pickup.*