

NORTHERN VIRGINIA EMERGENCY FOOD PACK

Food is not kept on the school premises, which is why it is essential that each student and staff member have an Emergency Food Pack on site.

As a part of Siena's Emergency Preparedness Plan to prepare for situations when students may be required to be on site for 24+ hours, we ask that each family provide an emergency food pack for their student. The packs will be kept on site during the school year and donated to a local food bank in June.

Tips for Creating an Emergency Food Pack

- ☐ Packs should consist of nonperishable foods that can be eaten without using electricity (no cooling or heating) or require added water.
- ☐ Place food into one, clear, gallon-sized heavyweight zip-lock bag.
- ☐ All packaged food should be sealed in its original packaging to prevent spoilage.
- ☐ Check expiration dates to ensure the food items will be usable through June.
- ☐ Ensure cans do not require the use of a can opener.
- ☐ Please note the Northern Virginia Campus is a nut-free facility.

AVOID PACKING:

Salty Snacks (that make you thirsty)
Candy or Chocolate
Nuts or Seeds



SUGGESTED ITEMS TO PACK:

Canned or vacuum-packed proteins

Canned or vacuum-packed fruit or vegetables

Granola and protein bars

Comfort food: cereal, fruit snacks, pudding

Water bottle

Disposable utensils



Label the Emergency Food Pack with the student's or staff member's **full name and grade** with a **permanent marker** and bring to Student Orientation or the First Day of School.