

No phone? Ask a library or outreach worker to help call.
Say: "I need shelter, food or treatment near me."

NEED HELP? CALL 211

TAPE TAB

TAPE TAB

FOLD & FEED

This food is yours. Help is your choice.

Keep food in sealed or food-safe inner packaging.

Contents: _____

Packed on: _____

Keep ingredient and allergen labels with the food.

U.S. starter / Contacts on the lid / Build a test box first

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Call or text 988
Emotional support / 24 hours a day
988lifeline.org

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02 / LID - fold the walls, tape the tabs, then slide over the tray

TAPE TAB	You deserve care. / Keep these contacts.	TAPE TAB
	FOLD & FEED / UNITED STATES STARTER Need help? Start here. Call a number below. Keep this lid. foldandfeed.com/?city=generic#help  Scan for help LOCAL HELP & SHELTER 211 Food, housing, health, and benefits 211.org / Ask about local options FOOD ASSISTANCE 1-866-348-6479 Mon-Fri, 8 am-8 pm Eastern Spanish: 1-877-842-6273 DRUG & ALCOHOL HELP 1-800-662-4357 Free treatment referrals, 24/7 English & Spanish / samhsa.gov EMOTIONAL SUPPORT Call or text 988 Free and confidential, 24/7 988lifeline.org Sources checked online: 2026-09-30. Call to confirm local availability. U.S. help: 211.org / usa.gov / samhsa.gov / 988lifeline.org / Emergency: 911	
TAPE TAB	Food and a next step. Shared with respect.	TAPE TAB

|—————| This line must measure 50 mm (1.97 in). Print at 100%.

Print. Fold. Fill with care.

Two sheets become a small box. The printed lid becomes a resource card.

————— CUT: solid lines - - - - - FOLD: dashed lines

1 PRINT

Print pages 1 and 2 single-sided, in landscape, at 100% / Actual size. Use clean cardstock approved for your printer. The page-2 ruler must be 50 mm.

2 CUT

Cut the outside solid outline and the four short solid corner slits on each net. Keep the corner tabs. Do not cut the dashed lines.

3 FOLD

Place the unprinted side face up. Crease every dashed line, folding the walls toward the unprinted side so the contact information stays outside.

4 TAPE & CLOSE

Fold the corner tabs inside the long walls. Tape them to the unprinted face. Build the lid the same way, then slide it over the tray.

5 TEST & SHARE

Build an empty sample first. Add only wrapped, ready-to-eat food that fits, retain the food labels, and check carrying strength before making a batch.

Approximate tray: 180 x 125 x 35 mm (7.1 x 4.9 x 1.4 in).

Prototype: physical assembly and strength still need testing.

Phone sources: 211.org / usa.gov / samhsa.gov / 988lifeline.org / 911.gov

Food ideas and packaging: foldandfeed.com/#packing

PACK & OFFER WITH CARE

Keep food in sealed packages or a closed food-safe bag. Food must not touch the cardstock, ink or tape.

Plain cookies or soft rolls: label ingredients, allergens and bake/pack date. Share promptly; avoid refrigerated fillings.

Ask what would be welcome. Respect people's choices and privacy. Receiving food never requires using a service.

Food ideas: foldandfeed.com/#packing. Call providers before sharing a batch; follow local food donation guidance.

OPTIONAL POCKET CARD - cut the solid rectangle

FOLD & FEED / Need help?

Local help & shelter: 211

Food: 1-866-348-6479

Mon-Fri, 8 am-8 pm Eastern

Treatment: 1-800-662-4357 / 24/7

Crisis: call or text 988 / Emergency: 911

Sources checked online: 2026-09-30