

Interfaith Humanitarian Sanctum

IHS is a totally independent, non-religious, all volunteer, 501(c)3 public charity, constantly weaving a stronger safety net for patients and families who travel great distances to the University of Virginia (UVA) Medical Center and need temporary assistance with lodging, food, travel, co-pays, prescriptions, etc.

The Meal Packet Program

Our goal is to provide highly nutritious food that feeds one person for one day using items that can be eaten without preparation beyond adding hot water or using a microwave oven.

How the Food Program Works

This charity takes the meal packets to the hospital where they are stored for social workers to issue to hungry people. The meals feed family and caregivers of patients who will not receive hospital food while undergoing treatment.

Non-Food Donations Welcome

Financial donations provide overnight accommodations for family members or outpatients who do not have a temporary place to stay in Charlottesville. Funds for lodging and food are our biggest challenge. You can support us through direct monetary donations by check or cash, OR use PayPal through the IHS website. IHS is also a Commonwealth of Virginia Campaign (CVC) charity with code 3648 for state employees to provide support. Visit the website for detailed information.

www.Interfaithhumanitariansanctum.org

Contacting IHS

ihsanctum@gmail.com

Mail to: IHS, P.O. Box 163, Palmyra, VA 22963

NOTE: The IHS storage office (105 Crofton Place, Lake Monticello, VA 22963) is not occupied except for meal-making and drop-offs. E-mail for planned drop-offs there or elsewhere as convenient.

Meal Packet Shopping List

(Please provide a variety of items, especially main dishes. Some people will eat your meals for days.)

Breakfast (include two of three listed)

Instant oats or grits (single packet)

Breakfast bars and granola bars

Power bars, fruit & grain bars

Fruits – single serving (one or two)

Fruit and applesauce cups

(plastic cups or flip-top single serve cans only)

Raisins or other dried fruits

Main Dishes (include two from list)

Single serve microwave meal cups (e.g. chili, beef stew, chicken and rice, beans & rice)

Ready-to-eat soups & stews in “flip-top cans” up to 17 oz. size (Campbell’s, Progresso, etc.)

(**INCLUDE** sturdy microwave safe paper bowl)

Tuna or chicken salad & cracker packs

Add water and microwave mac & cheese

Extras (include two from list)

Peanuts or other nuts packets

Crackers with peanut butter filling

Single-serve microwave popcorn

Trail mix packs or cereal bars

Other

One-gallon zip-lock plastic bags

Plastic spoons & forks (pair per packet)

Paper napkins and 1-2 disposable paper bowls

SPECIAL: A friendly note or card to recipient!

Delivery: Place meal packets in sets of eight (8) in clean plastic trash bags for movement. Or six (6) in copy paper boxes with lids. Notify IHS to arrange meeting for convenient pickup or delivery point at a half-way location.

***Looking for an easy and fun service project?
Contact us about making meal packets with your group. Scouts, clubs, schools, businesses, churches and single families have participated, some from 60+ miles from Charlottesville. Any number of meal packets are gratefully accepted.***