

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 and prescriptions.

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

Meals are collected by IHS and taken to the hospital where they are stored for social workers to issue to hungry people. Many meals go to family caregivers of babies or children in intensive care. Social workers in the children's cancer center and other clinics also have access as needed.

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.

interfaithhumanitariansanctum.org

Contacting IHS

info@interfaithhumanitariansanctum.org

Mail to:

IHS, P.O. Box 163, Palmyra, VA 22963

Meal Packet Shopping List

Breakfast

Instant oats or grits
Breakfast bars and granola bars
Healthy cold cereal cups
Power bars, fruit & grain bars

Fruits – single serving

Canned fruit and applesauce
(cups or flip-top cans only)
Fruit leather
Raisins or other dried fruits

Main Dishes

Small microwave meal cups (e.g. chili, beef stew, chicken and rice, beans & rice)
Larger microwave soups & stews in flip-top cans up to 17 oz. size (Campbell's & Progresso & store varieties)
Tuna or chicken salad & cracker packs
Add water and microwave mac & cheese
Single serving microwave rice cups

Extras

Peanuts or other nuts
Crackers with peanut butter filling
Single-serve microwave popcorn
Trail mix packs

Other

One-gallon zip-lock plastic bags
Plastic spoons & forks (a pair per packet)
Paper napkins
Disposable microwave-safe soup bowls

*Are you looking for an
easy and fun service project?
Contact us about making meal
packets with your group.
Scouts, clubs, schools and churches have
participated.
Any number of meal packets
are gratefully accepted.*