



FLAG Fuel Boxes are little boxed treats (decorated with notes of appreciation and encouragement on the outside) that we deliver to our police, fire, EMS, DPW, pharmacy, grocery store workers, nursing home staff, etc. Inside them are things like: mini waters, granola/protein bars, pretzels, clementines, chocolate, mints, etc.

For those of you who want to make these boxes for front liners, here are a few words of advice:

It is vital to practice the utmost care in the actual handling/putting together of the boxes (wash your hands prior to packing, wearing gloves is recommended).

Please be sure anything you add to the box is prepackaged and sealed. For added safety measures, people have suggested using disinfectant wipes on the outside of wrappers, water bottles and other fuel box items.

Suggested fuel box items include: granola, LUNA bars, protein-type bars, mini waters, mints, chocolate, clementines.

Please decorate the outside of the boxes with encouraging messages. The messages should be generic as the fuel boxes could go to EMS, police, fire, nursing home/home care workers, etc.

Examples: Thank you! We appreciate you! Hang in there!

Use whatever you want for boxes. Some have ordered boxes from Amazon but they can be as simple as brown paper lunch bags. These boxes are not funded by FLAG but thanks to those that are doing them, it allows us to hit some other very important people that deserve gratitude and need uplifting and appreciation. Thank you!