



FAMILY KIT

How to send free food guides and courses
to someone you love who is inside or
coming home.

OUTSIDE EATS.ORG

FOR FAMILIES

Here is how to help.

Food is one of the hardest parts of coming home.

Outside Eats makes free food guides and a free five-week course for people inside and people coming home. This kit shows you what to send, how to send it so it gets through, and how to bring it up.

Everything is free to the person who receives it. If you can, sponsor a printed guide for \$5 or a full course for \$15, or pay it forward for someone who has no family support.

Important: each facility sets its own mail rules, and they change often. Always check the facility's current mail policy before sending. This kit is general information, not legal advice.

Four steps to get it through.

Most returned mail comes from small mistakes. Go slowly.

1

CHECK THE RULES

Look up the facility's mail policy online or call the mailroom.

2

PICK WHAT TO SEND

The Inside Track brochure, a course workbook, or the Fresh Start Guide.

3

PRINT IT RIGHT

Black-and-white on plain paper. No staples, tape or stickers.

4

ADDRESS IT FULLY

Full name, ID number, facility name and complete address.

OR LET US SEND IT

Sign them up at outsideeats.org or write to Outside Eats, PO Box 290366, Port Orange, FL 32129-0366, and we will mail it for you.

Mailroom checklist

Check every box before you seal the envelope. Rules vary, so the facility's own policy always comes first.

- ☐ I checked the facility's current mail policy.
- ☐ Pages are printed on plain white paper.
- ☐ Printing is black-and-white, with no photos.
- ☐ No staples, paper clips, tape or stickers.
- ☐ No glossy paper, cardstock or glitter.
- ☐ Their full name and ID number are on the envelope.
- ☐ My full return address is on the envelope.
- ☐ I used a plain white envelope, if required.
- ☐ I kept a copy and wrote down the date I mailed it.

Mail policy checked on:

Date I mailed it:
