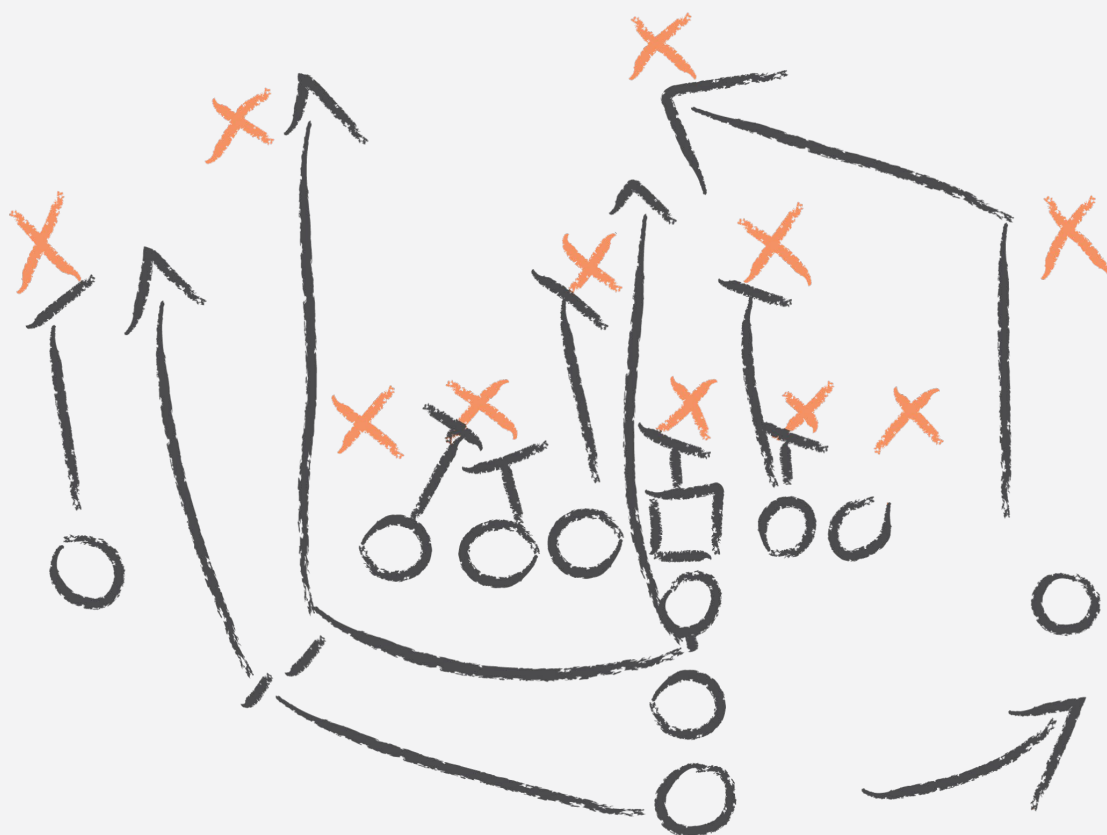


# MATTERbox<sup>TM</sup>

## CHALLENGE

# CUBE PLAYBOOK





# welcome

Welcome to your MATTERbox Challenge! Inside your CUBE you'll find everything you'll need to create an engaging and fun volunteer experience. Work together to volunteer, build your team, and make a difference in your community!

## About the MATTERbox Packing Experience

At MATTER, we're a small team, but we have some big dreams about changing the world. Those dreams wouldn't become reality without the thousands of volunteers that make up the MATTERnation movement. Today you just joined that movement, because MATTERbox Challenges are one of the biggest ways volunteers can make a difference. Across the country, they're setting up these experiences to help us pack MATTERboxes that can be distributed into the community. Thank you for giving amazing people the chance to live a healthier life!

## About the MATTERbox

The MATTERbox activates healthy eating for kids and families. It is an easy and tangible example of what some healthy snacks can look like along with activation education to help build some healthy eating habits. MATTERboxes are used in schools, after-school programs, sports camps, clinics and hospitals as a way to help kids and families believe that healthy eating is actually possible for them!



# instructions

Estimated Time: 1 hour | Quantity: 50 MATTERboxes (200 Snack Packs) | Participants: 15-20

## 1 Goal

In the next hour, your team will race to provide 200 healthy snacks to youth and families in your community. If you are competing against another team... waste no time and get to work solving your CUBE! If it is just your team, the 1 hour countdown has already begun for your MATTERbox Challenge!

## 2 Event Materials

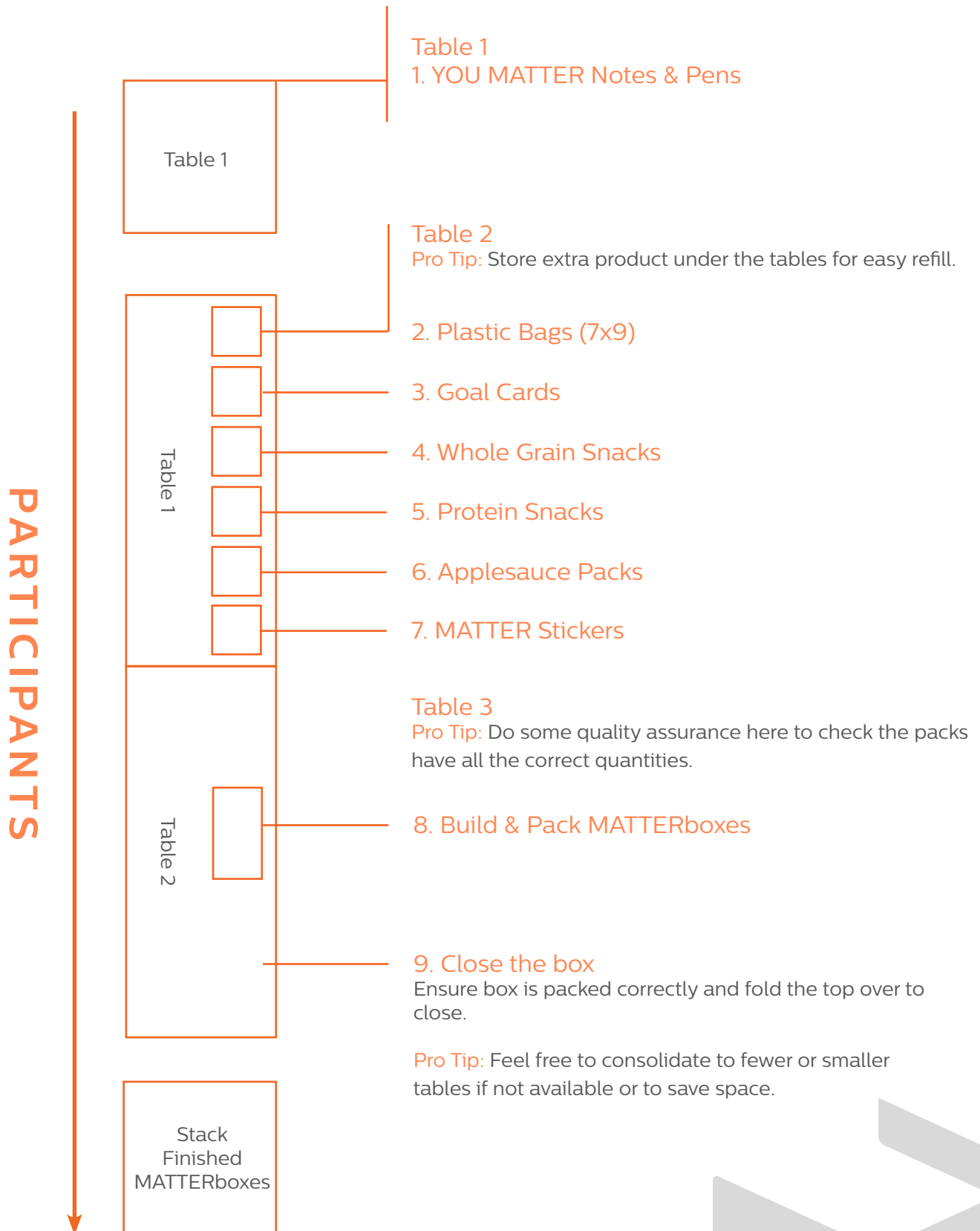
What's included on your MATTERbox pallet:

200	Whole Grain Snacks (Wheat Thins or Nature Valley Bars)	200	Goal Cards
200	Applesauce Packs (Flavor Varieties)	200	Plastic Bags (7x9)
200	Protein Snacks (WOW Butter, Hummus, or Flavored Tuna)	200	YOU MATTER Notes
200	MATTER Stickers	50	MATTERboxes
		8	Pens
		1	Playbook



# 3

## Set up your line



# 4 Pack your **MATTER**box



Start by writing (200) **YOU MATTER** notes of encouragement.

Then make (200) **MATTER**box Snack Packs made up of:

- 1 Plastic Bag
- 1 **YOU MATTER** note
- 1 Goal Card
- 1 Whole Grain Snack
- 1 Protein Snack
- 1 Applesauce Pack
- 1 **MATTER** Sticker to seal bag.



IN A PLASTIC BAG



Pack (50) **MATTER**boxes with (4) Snack Packs each.

Stack the completed **MATTER**boxes at the end of the table.





## 5 Give your **MATTER**box



MATTERboxes are used in schools, after-school programs, sports camps, clinics and hospitals as a way to activate healthy eating for kids and families!

Do you have a community partner that could use the MATTERboxes?

If not, please reach out to us to help connect you with a partner:

[Victor@matter.ngo](mailto:Victor@matter.ngo)

## 6 Share your experience!

Nothing is more powerful to a story than when it becomes your own. Throughout your experience, take photos, videos, boomerangs, slow-motion, dramatic action shots, you get the idea!

Share them out across social using [#MATTERnation](#) and/or email them to: [media@matter.ngo](mailto:media@matter.ngo)

@MATTER\_ngo



**YOU  
MATTER™**

