



What's in a Food Backpack?

Use this list to give you ideas when you go shopping for your contribution.

Each backpack gets all these items every week:

1 - Canned pasta & meat (example Spaghetti O's)

1 - Canned soup – kid flavors

1 - Boxed macaroni & cheese

1 - Can of beef stew or chicken stew

1 - Small can of sausages, tuna, or chicken

2 - Oatmeal packets

2 - Individual cereal boxes

2 - Individual fruit cups

2 - Small cans of fruit or vegetables

6 - Juice Boxes

Shelf-stable milk

6 - Snack bars, fruit snacks, peanut butter crackers, individual pretzels, chips

3 - Cookies, pudding cups, Rice Krispy treats, etc

Peanut butter [1 jar per month]

Jelly [1 jar per month]

1 - Bag of rice

1 - Bag of red beans

Gallon Zip-lock bags