

Help Feed Hungry Kids in Des Plaines

This is a list of food items that go into each backpack every week.

The retail cost of these items is about \$27, depending on where you shop.

Please bring your purchases to the First United Methodist Church, 668 Graceland Ave, Des Plaines.



What's in a Food Backpack?

- 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