

Blessings in a Backpack programs provide a minimum of six items in every bag we send home. The food consists of two breakfast items, two snacks, and two entrees. Foods are shelf stable, kid-friendly (i.e., pop-top jars), and easy to prepare.

Here is a suggested list of items to consider when shopping for your upcoming 'Feeding Hearts and Bellies' party packing event:

- Granola bars (no nuts)
- Cereal bars
- Oatmeal
- Single-serving cereals
- Fruit cups or raisins
- Applesauce squeeze or cups
- Cheese crackers (no peanut butter)
- Goldfish crackers
- Graham crackers
- Fruit snacks
- Beef jerky sticks
- Pop-top ravioli or spaghetti
- Macaroni and cheese
- Chicken noodle soup or tomato soup
- Ramen noodles
- Fruit juice boxes
- Small bottles of water

Gallon reclosable storage bags to pack the food inside