



## **FOOD ITEMS TO AVOID**

Because we are unsure of the home situation and cannot assume a young child can operate a stove or microwave without supervision and we cannot assume that they have access to basic kitchen appliances, such as a can opener, we avoid sending the following items.

- Bulk items that require further packaging (I.e., bulk cereal re-packaged in individual bag/containers)
- Food items prepared by an individual or group (food items must be packaged in a sealed container by the manufacturer)
- Due to allergies, avoid any products that contain peanuts. The Food & Drug Administration (FDA) requires food manufacturers to list the major 8 allergens on the ingredient label.
- Applesauce cups with the foil lids- we have experienced issues with foil lids leaking. Choose pouch applesauce instead.
- Fresh produce items that bruise easily (I.e., berries, bananas, peaches)
- Canned products. Choose products with a pop-top lid or pouches.
- Items high in sodium (I.e., ramen noodles, greater than 100mg per package)
- Perishable items Candy, gum, or food of no nutritional value

**For additional volunteer engagement opportunities, please check our website at [www.blessingsinabackpack.org](http://www.blessingsinabackpack.org)**