



BACKPACK PROGRAM NEEDS

We provide our children with nutritious, kid-friendly, ready-to-eat food items each weekend. We are unsure of the child's home situation, so we provide items that require minimal preparation and avoid the use of kitchen appliances such as a can opener. Collected food must be packaged in a sealed container or pouch with ingredients listed. Please inspect all food for any dents or damage and ensure that expiration dates are within 30 days.

Each weekend food bag should contain a minimum of 6 shelf stable food items, from the menu below, including:

- 2 entrée items (i.e., cheese cup, meat stick, pasta bowl, soup)
- 2 breakfast items (i.e., cereal bowl, granola bar)
- 2 healthy snacks (i.e., crackers, fruit cup, sunflower seeds)



APPROVED MENU ITEMS

- Individual cereal bowls/boxes
- Cereal/Granola bars
- Shelf-stable yogurt or milk packages
- Fruit pouches or cups Juice boxes (100% juice only)
- Sunflower seeds
- Meat sticks (i.e., Jack Links, Slim Jim)
- Individual packaged crackers (i.e., Cheez-Its, Goldfish Cheddar Crackers, Animal Crackers, Pretzels, Popcorn)
- Raisins or craisin packets
- Fresh produce - apple, orange, mandarin orange
- Chef Boyardee (or generic brand) ready to eat pasta bowls (pop-top lids required)
- Ready to eat soup (pop-top lids required)



**BLESSINGS IN A
BACKPACK**