SCHOOL FOOD BAGS
DONATION/SHOPPING LIST

Guidelines:
- ALL items must be non-perishable – nothing refrigerated/frozen or soon to expire.
- NO glass jars.
- NO family size, heavy or bulky items.
- Every week, we pack **40 bags** with 2 breakfast, 2 fruit/veg, 2 meals & 2 healthy snacks. All 8 items must fit into a plastic grocery bag and then into the student’s backpack.

Suggested Items:

**Breakfast Item**
- Oatmeal (individual packets)
- Cereal (individual boxes)
- Breakfast Bars/Granola Bars/Protein Bars

**Fruits/Vegetables**
- Fruit Cups
- Applesauce or other fruit pouches
- Dried Fruit such as raisins
- Vegetable Cups or Pouches – Individual sized (cans if not able to find)

**Meals**
- Single Serving Soups. Ex: Cup of Noodles, Ramen Noodles, Lipton.
- Microwavable Ready Meals (cups/pouches). Ex: Chef Boyardee, Rice a Roni, Prego, Campbells.
- Macaroni & Cheese/Velveeta Shells
- Rice or Potato pouches/cups.
- Chicken or Tuna (pouches/cans).

**Healthy Snacks**
- Peanut Butter & Jelly (small plastic containers)
- Crackers (individually wrapped)
- Beef Jerky
- Pudding
- Packaged nuts
- Fruit snacks
- Chips/pretzels/Goldfish

**Toiletries (other items requested as needed)**
- Deodorant
- Toothbrush and toothpaste
- Feminine products
- Underwear and socks (simple cotton-kid’s sizes for ages 5-11)

**We also need clean, plastic grocery bags.**

Place items in the white Food Pantry Donation Bin located in hallway beside the café or give to Information Center Team.