

Backpack Blessings Approved Food List

It is most helpful to provide foods in individual serving sizes and those which are easy for kids to open and prepare. The backpacks can become heavy for young children so we are asking for smaller sizes of some items.

PLEASE DO NOT BRING ANYTHING GLASS

**WE ARE NOT ACCEPTING CANS THAT REQUIRE A CAN OPENER OR
BOILING WATER AS MANY KIDS WILL BE PREPARING FOODS ON THEIR OWN.**

- Whole grain cereals –no larger than 9oz. Box (Cheerios, Chex, Raisin Bran etc.)
- Cereal Bars/Granola Bars/Nutrigrain Bars
- Peanut Butter– No larger than 28 oz.
- Jelly– Plastic squeeze bottles
- 100% Juice- individual serving size juice boxes ONLY
- Pudding Cups
- Individual serving size apple sauce
- Fruit Cups– Individual serving size
- Fruit snacks
- Individual packages of raisins
- Nuts/trail mix– Individual serving size
- Small packs of beef jerky, pepperoni or meat sticks
- Individual packages of peanut butter or cheese crackers
- Microwave popcorn
- Pull top cans of soup (think kids)
- Chef Boyardee pull top microwavable individual meals
- Chef Boyardee pull top cans pasta meals
- Easy Mac packets
- Easy Mac/ Quick Mac packets

DONATIONS CAN BE DROPPED OFF AT THE **BACKPACK BLESSINGS KIOSK EACH SUNDAY**