

Messiah weekend backpack program



Shopping List 2015-2016

Our Weekend Backpack Program provides 222 bags each week to elementary children in our area who may not receive adequate food on the weekends. Each bag contains 2 breakfasts, 2 lunches, 2 dinners, 2 milks, 2 fruits, and 2 snacks. This is a lot of food! You can help by donating nonperishable items, filled bags, and/or monetary donations for purchase of food. Small groups can sign up to fill and deliver bags even if you don't think you can do all 222. To sign up as a group, contact Brenda Weston at westonbs@aol.com.

Items for Breakfast

- Instant oatmeal packets
- Instant grits packets
- Small cereal pouches/boxes
- Granola bars
- Pop tarts

Protein Items

- Peanut butter crackers
- Cheese crackers
- Soup in cups or cans
- Single serving cups of peanut butter for dipping
- Easy Mac 'n' Cheese
- Vienna sausages
- Can or pouch of tuna/chicken/salmon
- Individual microwave ravioli/beef-a-roni, spaghetti

Items for Snacks (no fruit snacks, please)

- Applesauce (single servings)
- Pudding cups (single servings)
- Fruit cups
- Boxes of raisins
- Dried Fruit
- Nuts/pretzels (single servings)

Shelf-Stable Milk (comes in small boxes)

- white
- strawberry
- chocolate

Please place food items in the light blue bin outside the workroom. Thank you for helping to feed a hungry child!