

Messiah weekend backpack program

Shopping List 2017-2018

Our Weekend Backpack Program provides 306 bags each week to elementary children in our area who may not receive adequate food on the weekends. Each bag contains 2 breakfasts, 4 proteins, 2 milks, 2 fruits, and 2-3 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 306. 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
- Protein-rich breakfast bars

Protein Items

- Soup in cups or cans
- Easy Mac 'n' Cheese
- Can or pouch of tuna/chicken/salmon
- Vienna sausages
- Peanut butter with pretzels to dip
- Individual microwave ravioli/beef-a-roni, spaghetti

Fruits (no fruit snacks, please)

- Applesauce (single serving)
- Raisins/craisins
- Fruit cups
- Dried fruit

Items for Snacks

- Nuts/pretzels (single servings)
- Pudding cups (single serving)
- Fruit snacks
- Cheese or peanut butter crackers
- Granola bars

Shelf-Stable Milk (comes in small boxes - no vanilla, please)

- white
- strawberry
- chocolate

Please place food items in the red wagon outside the workroom. Thank you for helping to feed a hungry child!