



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.

Approved Menu Items for this Food Drive

- Chef Boyardee (or generic brand) ready-to-eat pasta bowls (pop-top lids preferred)
- Individual servings of Cheerios or Kix (or generic) cereal in bowls/boxes
- Oat and Honey Granola bars
- Fruit pouches or cups

Food Items To Avoid

- Bulk items that require further packaging (i.e., bulk cereal re-packaged in individual bag/containers)
- Food items prepared by an individual or group (food items must be
 - packaged in a sealed container by the manufacturer)
- Due to allergies, avoid any products that contain peanuts.
- Fresh produce items that bruise easily (i.e., berries, bananas, peaches)
- Canned products. Choose products with a pop-top lid or pouches.
- Items high in sodium (i.e., greater than 100mg per package)
- Perishable items
- Candy, gum, or food of no nutritional value



FREDERICK CHAPTER
**BLESSINGS IN A
BACKPACK**