

Backpack Buddies Needs

General Recommendations:

- Each item should be single-serve - for example, individual boxes of cereal, not one large box of cereal
- Consider the weight of each item - the lighter the better so children will be able to carry the bags home from school
- Please no pork or shellfish
- Nonperishable only, no fresh fruits or vegetables
- Food can be dropped off in the Etz Chaim lobby or in the bayit.
- If you prefer to shop online, you can use this amazon wish list:
<https://amzn.to/3xbMqjl>

Each backpack will contain the following items: 5 proteins, 2 vegetables, 2 fruits, 2 juices, 2 breakfast items and 3 snacks.

Thank you for your generosity!

Breakfast

- Oatmeal packets
- Grits packets
- Breakfast bars (Nutrigrain, Belvita, etc)
- Individual cereal boxes

Fruit

- Fruit cups
- Applesauce pouches

Vegetables

- Canned green beans, carrots, corn, peas, etc.

Juice

- Juice boxes
- Capri Sun

Protein

- Small bag of rice (16 oz) and canned beans (*best option! This counts as three servings in a bag)
- Boxed mac and cheese
- Ramen noodles
- Canned tuna or chicken
- Canned ravioli
- Canned soup with a protein (eg: chicken noodle soup)

Snacks

- Granola bars
- Chips
- Peanut butter crackers
- Fruit snacks
- Pudding cups (non-refrigerated)