



The food included in the Hand2Hand backpack is child friendly, non-perishable and preferably vitamin fortified. Please remember you are not trying to feed the family for an entire weekend. This is meant to be supplemental food for the child. Food suggestions are:

Protein:

Meat Stews with vegetables
Canned Chicken or Tuna (with Tuna Helper)
Peanut Butter
Small bags of nuts/trail mix

Grains:

Cereal (single-serving or small bag)
Macaroni & Cheese
Spaghetti with sauce
Canned pasta meals (or plastic containers)
Bags of Rice-a-Roni or similar
Package of Soft-shell Tortillas
Oatmeal
Pretzels

Fruits & Vegetables

Fruit Cups packed in 100% juice
100% Fruit juice boxes
Small containers of applesauce
Canned Vegetables
Canned Refried Beans
Raisins

Snacks:

Yogurt Cereal Bars
Fruit filled Cereal Bars
Granola Bars
Crackers
Cookies
Fruit Snacks
100% Fruit Bars
Microwave popcorn