

Backpack Buddies Food List

Breakfast Items

instant oatmeal packs
single serve cereal
pop tarts
granola/protein/cereal bars
nutrigrain bars
packaged muffins/donuts

Fruit/Vegetable

fruit cups
applesauce cups/pouches
raisins/yogurt covered raisins
canned vegetables

Sweet Snacks

snack bags of cookies
graham cracker snack bag
animal cracker snack bag
cookie snack bag
gummy fruit snacks
granola bars
Rice Crispie treats

Lunch - Protein

vienna sausages
cans/pouches - tuna
cans/pouches - chicken
canned soup or beef stew
VanCamp's beanie weenies
Chef Boyardee

Lunch - Pasta

single serve Mac & Cheese
ramen/cup of noodles
instant mashed potatoes
instant rice
Spaghetti-O's

Salty Snacks

microwave popcorn
snack bags of chips
snack bags of goldfish or other crackers
cheese/peanut butter cracker packs



Take a grocery bag and fill it with single serve items! All donations received are used for the Virginia Hills LFK Backpack Buddies Program!

*We provide 2 breakfasts, 2 lunches, 2 snacks and a fruit or vegetable to 60 kids each week. *