

Food Buying List:

Each Friday we provide a weekend food sack for 330 kids. Each food sack has two oatmeal breakfast packs, two main dish meals, one can of fruit and two snacks.

PROTEIN: Each sack has **TWO** different items from this list.
Check the labels for high protein and low in salt.

Heathy Soups such as Chicken Noodle, or Beef Stew
Campbells Chicken Noodle, Simple Soup
Amy's Soups
Canned Chicken, 5 oz or 10 oz
Progresso Low Sodium or Heart Heathy Soups
Ravioli with meat
Chili with or without meat
Macaroni & Cheese boxes

FRUIT: Each sack has **ONE** can of fruit.
Check the labels for light syrup, or no added sugars.

Pears
Peaches
Pineapple
Mixed fruit

SNACK: Each sack has **TWO** different items. .
Check the labels for lower sugar and higher protein.

Natural Valley Oats and Honey bars
Nature Valley Fruit and Nut, or Sweet and Salty bars
Any brand granola/ fruit bar
Small box of raisins
Breakfast bars
Small pack of nuts, or trail mix

OATMEAL: Individual serving packages

Any brand or type

Making sure the kids we see every day, eat every day.