

# BackPack Program

The BackPack Program provides children with nutritious and easy to prepare food at times when other resources are not available, such as weekends and school vacations.

## Suggested food items listed below

**\*\*Food must be prepackaged and not require refrigeration\*\***

**100% Juice Boxes:** *fruit, vegetable, blends*

**Animal or Graham Crackers**

**Bars:** *Cereal, Breakfast, or Granola*

**Bottled Water**

**Canned Beans:** *baked, kidney, white, navy, red, black, garbanzo, w/franks*

**Canned or Pouches:** *tuna, chicken, salmon*

**Canned Ravioli, Spaghetti-O's, etc.**

**Canned Soup or Stew**

**Canned Vegetables:** *corn, green beans, etc.*

**Cereal:** *individual servings*

**Crackers:** *whole grain preferred*

**Dried Beef Sticks or Jerky**

**Dried Fruit:** *raisins, prunes, apples, apricots, dates, figs, etc.*

**Fruit Cups:** *peaches, applesauce, etc.*

**Granola**

**Milk:** *shelf-stable / no refrigeration*

**Nuts:** *almonds, walnuts, pistachios, etc.*

**Peanut Butter and other Nut Butters**

**Pop Tarts**

**Pretzels**

**Pudding Cups:** *shelf stable*

**Snack Mixes**

**Sunflower or Pumpkin Seeds**

**Tortilla Chips:** *whole grain, corn, wheat*

**Items can be dropped off at the Guard Shack located at the intersection of Greenbrier and Washington Streets (Monday – Friday, 8 a.m. – 6 p.m.) or in the Governor's Reception Room (Monday – Friday, 8:30 a.m. – 5 p.m.) through September 27, 2013.**