



Summer Meals Donation Guide

We are excited to have four ways of donating to the Childhood Hunger Summer Feeding effort:

1. Pack Summer Pantry Bags - These bags are handed out at Friday hot meal sites to give the children food for the weekend

Packing guidelines - Please include 10 or more food items in your **2 GALLON** size Ziploc bag. *Do not include any items with peanut products or in glass containers.* Please make sure all items have an expiration date at least 4 months past the date you are packing the bag. Please also try to include only items that are pop-top, kid friendly, healthy, and shelf stable.

Suggested items include:

- shelf stable, low-fat, white milks
- 100% fruit juices
- pop-top protein meals (canned tuna, ravioli, soup, etc)
- individual fruit or veggie cups
- individual cereals (peanut-free: no *Honey Nut Cheerios*)
- peanut- free, snack items

2. Donate Items - If you are not able to pack Summer Pantry bags, we will have volunteers in our warehouse who will happily do it for you! Please feel free to drop by any food items listed above for us to pack for hungry children in our area.

3. Donate Time - We are always in need of volunteers to pack bags or deliver meals! For more details on volunteering needs, please check our [volunteer page](#).

4. Donate Money - Your donation can make all the difference for a child facing a long weekend filled with hunger! Any donations collected after summer needs have been filled will be used to feed children during the school year. Learn more about ways to [donate](#).

Drop-off times will vary weekly. Please check our [homepage](#) for drop-off hours and options -

Questions or comments? Please contact Allison Plitman at aeplitma@uncg.edu or Parker White at parker@backpackbeginnings.org

Thank you to our partnerships with Guilford County Schools, A Simple Gesture, the City of Greensboro Parks and Recreation, and all of our volunteers for helping us to extend our food programs over the summer!



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THANKS FOR YOUR DONATION TO A HUNGRY CHILD THIS SUMMER!

Suggested Grocery List

The food items below represent an example of healthy choices from varying grocery stores. It is not a “must purchase only” list but serves as a shopping guide. The majority of the items are 10g or less in sugar and 500mg or less in sodium. Prices and availability may differ or change, but the average price per bag is: \$6-9

Dollar Tree

100% Fruit Juices (Individual)

Minute Maid Kids Minis (pack of 4)

Milk (Individual/Shelf-stable)

TrueMoo 1% Lowfat White Milk

Fruit Cups

Liberty Gold Mandarin Oranges in Light Syrup (pack of 3)

Individual Cereal

Honey Kix Lightly Sweetened Cereal (pack of 3)

Kellogs Rice Krispies made with Whole Grain Brown Rice (pack of 3)

Peanut Free Snack Items

J.R. Dippers Cheese Dip & Sticks (pack of 5)

J.R. Dippers Cheese Dip & Pretzels (pack of 5)

Lance Nip Chee Crackers Cheddar Cheese (pack of 6)

Pepper Jack Snack Sticks (pack of 3)

Select Choice Chewy Granola Bars (pack of 5)

Earth Fare

100% Fruit Juices (Individual)

Hansens Junior Juice 100% Juice \$1.99 (pack of 4)

R.W. Knudsen Organic 100% Juice \$3.79 (pack of 4)

Apple & Eve 100% Juice No Sugar Added \$4.19 (pack of 8)

Milk (Individual/Shelf-stable)

Horizon Organic Lowfat Milk \$9.97 (pack of 12)

Peanut Free Snack Items

Stretch Island Fruit Co. Fruit Chews \$0.99 (individual), \$4.99 (pack of 8)

Organic Veggie-Go's Fruit Chews \$1.49 (individual)

Kashi Granola Bar \$3.98 (pack of 12)

Kind Healthy Grains Granola Bar \$4.29 (pack of 5)

Canadian Farm Organic Granola Bars \$5.49 (pack of 5)

Food Lion

100% Fruit Juices (Individual)

Mott's for Tots Immune Support Juices \$3.29 (box of 8)

Apple & Eve Fruitables \$3.39 (box of 8)

Honest Kids Organic Juice Drink \$3.49 (box of 8)



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Milk (Individual/Shelf-stable)

TrueMoo 1% Lowfat Milk \$4.99 (pack of 6)

Pop-Top Protein Meals

Chef Boyardee Mini Micro Beef Ravioli 4 for \$5.00

Chef Boyardee Kickin' Sloppy Joe 4 for \$5.00

Chef Boyardee Pizza Twist 4 for \$5.00 and *Chef Boyardee* Mac and Cheese 4 for \$5.00

Fruit Cups

Delmonte in Light Syrup Fruit Cups \$2.37 (pack of 4)

Delmonte No Sugar Added \$2.37 (pack of 4)

Dole in 100% Juice \$2.39 (pack of 4)

Individual Cereal

Fruit Loops \$1.25

Frosted Flakes \$1.25

Rice Krispies \$1.25

Peanut Free Snack Items

Quaker Chewy Yogurt \$2.69 (box of 5), \$3.99 (box of 10)

Nature Valley Granola Bars \$5.99 (box of 24)

Mott's Medley's Assorted Fruit \$2.79 (pack of 10)

Kellogg's Fruit Chews \$2.99 (pack of 10)

Betty Crocker Fruit Chews \$4.49 (pack of 20)

Honey Maid Teddy Grahams Snack Pack \$5.49 (pack of 12)

Goldfish Snack Packs \$5.49 (pack of 9)

Premium Breadstics 'n Cheese Dip \$3.19 (pack of 6)

Ritz Crackers 'n Cheese Dip \$5.49 (pack of 15)

Ritz Bitz with Cheese \$5.49 (pack of 12)

Harris Teeter

100% Fruit Juices (Individual)

Nestle Juicy Juice 100% Juice No Sugar Added \$2.79 (pack of 8) (.35 each)

Apple & Eve Fruitables \$3.79 (pack of 8)

Honest Kids Juice Drinks \$4.49 (pack of 8)

Milk (Individual/Shelf-stable)

Organic Valley 1% Lowfat Milk \$13.99 (pack of 12) (1.16 each)

Pop-Top Protein Meals

Chef Boyardee Mac and Cheese \$1.25

Chef Boyardee Mini ABCs & 123s with Meatballs \$1.25

Fruit Cups

Harris Teeter Fruit Cups No Sugar Added \$2.39 (pack of 4) (.60)

Dole in 100% Juice Fruit Cups \$2.45 (pack of 4)

Delmonte No Sugar Added Fruit Cups \$2.89 (pack of 4)

Individual Cereal

Fruit Loops Cup 5 for \$5.00 (1)

Rice Krispies Cup 5 for \$5.00

Peanut Free Snack Items

Lance Whole Grain Real Cheese \$3.59 (pack of 8) (.45)



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Target

100% Fruit Juices (Individual)

Juicy Juice Fruitfuls \$2.49 (pack of 8)

Honest Kids Organic Juice Drinks \$3.69 (pack of 8)

Pop-Top Protein Meals

Chef Boyardee Meals \$1.39

Fruit Cups

Delmonte No Sugar Added Fruit Cups \$1.99 (pack of 4)

Market Pantry No Sugar Added Fruit Cups \$2.04 (pack of 4)

Market Pantry in 100% Juice Fruit Cups \$2.04 (pack of 4)

Individual Cereal

Fruit Loops \$1.29

Frosted Flakes \$1.29

Peanut Free Snack Items

Annie's Homegrown Granola Bars \$3.29 (pack of 5)

Kind Healthy Grains Granola Bars \$3.99 (pack of 5)

Walmart

100% Fruit Juices (Individual)

Apple & Eve Fruit Smarts \$1.98 (pack of 8)

Nestle Juicy Juice 100% Juice \$2.38 (pack of 8), \$8.87 (pack of 32)

Apple & Eve Fruitables \$2.50 (pack of 8)

Milk (Individual/Shelf-stable)

Horizon Organic Lowfat Milk \$5.98 (pack of 6)

Pop-Top Protein Meals

Chef Boyardee Mini Meals \$0.98

Chef Boyardee Meals \$1.18

Fruit Cups

Great Value Mixed Fruit in Light Syrup \$1.88 (pack of 4)

Dole in 100% Juice Fruit Cups \$1.88 (pack of 4)

Delmonte No Sugar Added Fruit Cups \$2.28 (pack of 4)

Peanut Free Snack Items

Annie's Homegrown Organic Bunny Fruit Snacks \$3.48 (box of 5)

Mott's Medleys Assorted Fruit \$3.98 (box of 24)

Ocean Spray Fruit Flavored Snacks \$3.98 (box of 24)

Nature Valley Granola Bars \$4.98 (box of 24)

Great Value Cheese Dip & Breadstick Snacks \$1.28 (pack of 5)

Austin Cheddar Cheese Crackers \$1.98 (pack of 8), \$5.98 (pack of 27)

Whole Foods

100% Fruit Juices (Individual)

365 Organic 100% Juice \$2.99 (pack of 4)

Apple & Eve 100% Juice \$3.99 (pack of 8)



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Apple & Eve Fruitables \$4.99 (pack of 8)

R.W. Knudsen Organic Sensible Sippers \$5.49 (pack of 8)

Milk (Individual/Shelf-stable)

Organic Valley Farmer Owned Lowfat Milk \$1.49 (individual), \$5.99 (pack of 4), \$16.99 (pack of 12)

Pop-Top Protein Meals

Sprout Mac & Cheese with Butternut Squash \$2.39

Fruit Cups

365 Organic \$2.69-\$3.39 (pack of 4)

Peanut Free Snack Items

Surf Sweets Gummy Bear Snack Packs \$3.99 (pack of 5)

Annie's Homegrown Fruit Bites \$4.99 (box of 5)

Annie's Homegrown Organic Bunny Fruit Snacks \$5.39 (box of 5)

365 Organic Fruit Strips \$0.49 (per strip)

Tasty Brand Organic Cookies \$4.79 (box of 5)