



# How To Assemble Bags Of Food For BackPack Beginnings

1. Please include the following 10 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 check off each one as you include them):

- \_\_\_\_\_ 2 shelf stable, low-fat, white milks
- \_\_\_\_\_ 2 100% fruit juices
- \_\_\_\_\_ 2 pop-top protein meals
- \_\_\_\_\_ 2 individual fruit cup
- \_\_\_\_\_ 2 individual cereals (peanut-free: no *Honey Nut Cheerios*)
- \_\_\_\_\_ OPTIONAL: 1-2 peanut- free, snack items



2. Please view the picture for an idea of how to arrange the food in the bag. We recommend the 2 milks, 2 juices and 2 proteins to be on the bottom of the bag. The fruit cups may be placed on top of the 2 proteins and the cereals (and snacks, if included) will be on the top.

3. Please PRINT your information below so we may thank you for your donation.

Contact Person Name:

Group:

Email Address:

Mailing Address:

Phone Number:

Check here if you want to be on our email mailing list

4. Please sign below if we may recognize your donation on our website and/or Facebook page.

Signature: \_\_\_\_\_

5. Please attach this sheet to the bag(s) of food so we have the above information for our records.

6. Please contact Parker White at [parker@backpackbeginnings.org](mailto:parker@backpackbeginnings.org) or 336.709.9649 in order to receive delivery/pick-up instructions.

**THANKS FOR YOUR FOOD BAG DONATION TO A HUNGRY CHILD!**



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## **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.

### **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)

#### **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



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## **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)

*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)

### **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)

*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

Rice Krispies Cup 5 for \$5.00

### **Peanut Free Snack Items**

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



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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)



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## **Whole Foods**

### **100% Fruit Juices (Individual)**

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

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

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)