



BACKPACK SHOPPING LIST

- > **'MEALS IN A BOX' - ' COMPLETE MEALS'** (Meat included in the box)
- > **CHEERIOS, OATMEAL** or other **LOW SUGAR** cereal
- > **CANNED VEGETABLES & FRUITS**
INDIVIDUAL FRUIT CONTAINERS
LOW SUGAR - no refrigeration
- > **JAR OF PEANUT BUTTER**
PLASTIC JARS ONLY
- > **INDIVIDUAL PKGS PEANUT BUTTER OR CHEESE CRACKERS**
- > **BOX OF PLAIN CRACKERS**
- > **CANNED MEAT** (Ham, Tuna, Chicken, Meat spreads)
- > **CHUNKY SOUPS & BEEF STEW**
OR MACARONI & CHEESE
- > **CANNED PASTA** (Spaghetti, ravioli)
- > **100% FRUIT JUICES** (REDUCED SUGAR AND LOW SODIUM ARE BEST)

NOTE: PLEASE PURCHASE
PLASTIC CONTAINERS ONLY