

Meals to Grow

Backpack Program

HOW TO PACK A BAG

This list of food has been selected in order to provide nutritious food that is child-friendly, non-perishable, and individually packaged. Contact us when your group is ready to pack bags for your month. We will provide the paper bags you need. Please deliver packed bags to the church by the end of your designated month.

The following items are needed for each bag:

- 1 Pop top can of soup with meat (such as Progresso, Chunky, etc.)
- 1 Pop top canned meal (such as Chef Boyardee Ravioli, etc.)
- 1 Pop top can of fruit or fruit cups
- 2 packages of peanut butter crackers or cheese crackers
- 2 individual sized boxes of cereal OR 2 cereal bars (or similar breakfast product)
- 4 healthy snacks (such as granola bars, Cheez-Its, Teddy Grahams, Sun Chips, packages of crackers, raisons, Rice Krispie treats, etc.)
- OPTIONAL: 1 Shelf-stable milk in juice-box size (such as Yoo-hoo boxes, Hersheys, etc.)



Please follow these instructions when packing bags:

1. We recommend that you form an assembly line with one person standing at each food item. then the bag can be passed down the line, each person responsible for putting in their item. This method eliminates items getting left out of the bag when individuals pack their own bags.
2. Please check the expiration dates on canned items and milk, making sure they do not expire for at least three months from the due date.
3. Before starting the packing process, please mark barcodes on all cans with permanent marker so the items cannot be resold or exchanged (see below).



HINT: When packing bags, pack cans first and lay them on their sides.

**Thank you! Please call with any questions.
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 or Trina Weir 880-2210, theweirhouse@knology.net**

Meals to Grow is Feeding America program
 operating through Trinity United Methodist Church.