

Meals to Grow

Backpack Program

Bags of food consist of child-friendly, shelf-stable, individually packaged and nutritious items.

Wish List

-  Pop-top canned meals – 15 oz. size
(such as Chef Boyardee Ravioli, Beefaroni, etc.)
-  Pop-top soups with meat
(such as Progresso, Chunky, etc.)
-  Tuna or Chicken Pouches
-  Peanut Butter or Cheese Crackers
-  Fruit cups or Pop-top canned fruit
-  Individual sized boxes of cereal
-  Cereal Bars or Granola Bars
-  Rice Krispie Treats
-  Individual bags of healthy snacks
(such as Cheez-Its, Pretzels, Fruit Snacks, etc..)
-  Shelf-stable milk boxes
(such as Yoohoo, Hershey's, etc.)

Items from the Wish List can be dropped in the “big gray box” any Sunday morning in room 191 at Trinity United Methodist Church.

For more info, call Trina at 880-2210 or email mealstogrow@trinityhsv.org or go to our website at www.mealstogrow.org