hand2hand

Providing food to prevent weekend hunger for kids

Cascade Campus Weekend Food Bag Shopping List

Note: All items are specific in weight and size so a packed bag stays light enough for a child to carry home. Please match sizes below when purchasing or donating.

BREAKFAST

- ☐ Cereal (small individual boxes)
- ☐ Mini Muffins
- ☐ Oatmeal (individual servings)

MEALS & ENTRÉES

- ☐ Chicken (5 oz cans)
- ☐ Knorr Rice or Pasta Sides
- ☐ Macaroni and Cheese (cups or boxes)
- ☐ Ramen Noodles (pouches or cups)
- ☐ Ravioli, Beef-a-Roni, or Spaghetti O's (small cans)
- ☐ Soup — (small cans chicken noodle or vegetable)

FRUITS & SIDES

- ☐ 100% Fruit Cups, Applesauce Cups, or GoGo Squeeze
- ☐ Cans of Vegetables (8.25 oz)
- ☐ Mashed Potatoes (instant, 4 oz pouch)

SNACKS

- ☐ Cracker Packets (cheese/crackers, PB/crackers)
- ☐ Fruit snacks
- ☐ GoGo Yogurts (shelf stable)
- ☐ Goldfish or Teddy Grahams (individually wrapped)
- ☐ Granola Bars
- ☐ Meat sticks (shelf-stable)
- ☐ Popcorn (microwave packets)
- ☐ Ritz Crackers (fresh stacks)
- ☐ Trail Mix (individual packets)

DRINKS

- ☐ 100% Fruit juice
- ☐ Milk (individual size shelf-stable)

PACKING SUPPLIES

- ☐ Baggies (quart or gallon size)

Please bring items to your campus and place on the tables in the atrium.