

# Backpack Ministry Shopping List

**Please check expiration dates! No large containers, no glass!**

*Each Backpack includes most of these items —*

- 16 oz peanut butter
- Tuna fish (small cans or pouches)
- Small canned soup (any kid friendly flavor; no creamed soup)
- Small canned ravioli or spaghetti
- Small canned vegetables or tomato sauce
- Small canned beans
- Small box macaroni & cheese
- Packaged ramen noodles
- Small servings of plain or flavored rice
- Small box of macaroni noodles
- Sleeve of crackers (saltines, graham crackers)
- Individual fruit cups (single serving in plastic cups)
- Individual servings of breakfast foods: Pop Tarts, cereal bars, cereal, oatmeal