

# BACKPACK BUDDIES



## DONATE NUTRITIOUS, HEALTHY FOODS FOR CHILDREN IN NEED

Please drop off donations at any of our campuses.\*

\*Weekday donations in Garner can be brought to Little Details Boutique.

### Types of Items Needed:

(Please bring only shelf-stable items)



Meats & Stews



Canned Vegetables & Fruits



Packaged Noodles



Whole Grain Pastas & Rice



Individual Breakfast Items



100% Juice Boxes & Milk



Healthy Snacks



Grocery Gift Cards

#### Other Preferred Items:

- Canned poultry or fish
- Canned beans
- Brown and white rice
- Oatmeal and low/no sugar cold cereals
- Canned fruits
- Vegetables soups
- Dried fruits and nuts
- Peanut butter
- Toilet paper

#### Items to Avoid:

- Pop-tarts and cookies
- Spam and Vienna Sausage
- Soft-top applesauce, fruit
- Jello
- Candy
- Juice pouches
- Sugary cereals

**VOLUNTEERS NEEDED**

[gethope.net/localhope](http://gethope.net/localhope)