

# BackPack Buddies

The following list of items will feed a buddy for one month.

- 4 Cans Meat (Tuna, Chicken, Etc.)
- 4 Cans Ravioli, Chili, Chef Boyardee
- 4 Cans Soup
- 8 Cans Vegetables
- 16 Top Ramen (Please No Cups)
- 8 Mac-N-Cheese (Please No Cups)
- 4 Cans Fruit OR 16 Small Fruit Cups (Please No Foil Tops)
- 16 Oatmeal Packets (Please No Cups)
- 16 Individual Snacks (energy bars, granola bars, or protein bars if available and nothing that can crumble like chips and crackers)
- 4 Toilet Paper Roll
- 1 Small Hygiene Item (Please No Bar Soap)
- 1 Small Peanut Butter (Please No Glass)



## Helpful Tips

Select easy-open tops and ready-to-eat options that are easy for kids to prep on their own.

Be aware of item weight. Heavy items are harder for small children to carry.

Drop off or shop & ship direct to the Apex address  
**c/o Food Distribution Center.**

2080 E. Williams Street  
Apex, NC 27539

821 Buck Jones Rd  
Raleigh, NC 27606