

Kid's Aid Backpack Item Suggestions

Please keep in mind that this list was created with the “child” in mind. These children most likely have to prepare their own meals so we strive to be as “kid-friendly” as possible.

All items need to be non-perishable, preferred single servings, and easy to open and prepare. We will also take family size portions, i.e. large cereal boxes, Mac n Cheese, Hamburger Helper, etc. These items we like to give during the longer Christmas and Spring Breaks. Thank you!

***The following items (main meal type of items) are in most need:**

- *Easy Mac n Cheese – single serving sizes
- *Chef Boyardee – single serving sizes
- *Cup of Soup – individual cups or packets preferred (and/or Ramen noodles packets)
- *Ready to Eat tuna salad w/crackers & spoon (they also have chicken and ham salads)
- *Cans of spaghetti, spaghettios, ravioli, chili (easy open lids)
- *Cans of tuna fish or chicken
- *Instant oatmeal packets
- *Cereal (single serving size – the little boxes or cup containers)
- *Fruit cups and/or applesauce cups/fruit juice boxes
- *Beans and weenies
- *Vienna sausages, potted meat, meat spreads

Cheese crackers or peanut butter crackers

Packages of nuts or trail mix, Chex Mix

Granola bars, Cereal bars, Protein bars

Jif to go peanut butter

Ritz stacks crackers, regular crackers, graham crackers, Teddy grahams, Gold Fish

Fruit snacks

Raisins or Craisins

Veggie straws, Chips, pretzels

Pudding cups, jello cups

Cookies, oatmeal cream pies, rice krispie treats

Popcorn

We strive to be healthy, however, many of these children do not eat over the weekend so we try to be sensitive to the things a child may prefer and would want to eat. We thank you for your support and consideration!