

## Recommended Food List for Backpack Buddies

<u>Food item</u>	<u>Container size</u>
Canned soup	11 $\frac{3}{4}$ oz
Dry soup	Individual portions
Canned vegetables	15 oz
Canned fruit (little or no sugar added)	15 oz
Mac n Cheese	7.5 oz box
Canned tuna fish	5-7 oz
Canned chicken	5-10 oz
Baked beans	15 oz or smaller
Granola bars (all varieties)	8, 12, 24, 48 and 60 per box
Popping corn	Individual pouches
Fruit juice (100% juice)	6 to 8 oz cartons
Peanut butter	16 oz container or smaller
Shelf stable milk	8 oz cartons
Dried beans, black or pinto	1 lb bag
Pasta	1 lb bag
Rice	1 lb bag
Top ramen	3 oz package
Raisins	Individual portions
Breakfast cereal	Individual portions
Oatmeal	Individual pouches
Hot chocolate mix	Individual pouches
Pudding (snak pak)	Individual portions ready to eat
Cookies, individual package	1-2 oz package

These items are selected for individual consumption and ability for a young child to carry in a backpack.

Website: [www.georgetown.buddies.com](http://www.georgetown.buddies.com)