



SHOPPING GUIDE FOR BACKPACK LUNCHES

NORTHEAST PORTLAND BACKPACK LUNCH PROGRAM

Each week we give a participating child one sack which has two meals and two breakfasts. This means two items from the protein section, two fruit cups, two snacks and two oatmeal packs. To calculate how much to buy, decide how many children you want to feed, times it by two and buy those quantities. For example, 20 children means 20 sacks, and 40 meals, which means you will need to buy 40 of each category.

Here is our suggested food list:

PROTEIN – Look for hearty meals that are high protein, low salt and low fat

Examples:

Healthy Choice Chicken Noodle/Rice, Amy's Lentil, Progresso Heart Healthy or Light Ravioli with meat
Macaroni & Cheese boxes
Knorr Fiesta Sides Rice Packets (Mexican, Chicken, Cheesy Broccoli)
Canned Beans (pinto, garbanzo, black)
Valley Fresh Chicken Breast small 5-ounce can

FRUIT CUPS – Fruit Cups - look for no added sugar or light syrup

Examples:

Applesauce
Peaches or fruit cocktail
Mandarin oranges

BREAKFAST – Individual packets of instant oatmeal

SNACKS – Healthy; avoid too much sugar

Examples:

Granola bars
Small boxes of raisins or dried fruit

NOTE:

- No ramen noodles (the children may not have veggies/meat available)
- No cup-of-noodles (cup tips easily & can cause burns)
- No condensed soups (children may not add enough water)
- No tuna fish

Thank you for helping to feed hungry schoolchildren! It lets them know that their community cares for them and it's so appreciated by their families!