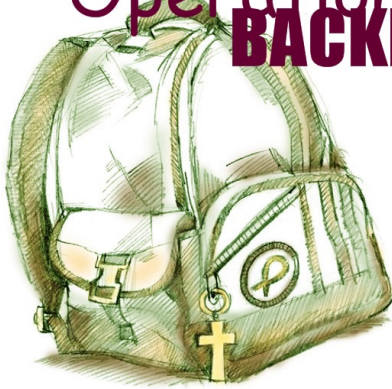


# Operation **BACKPACK**



## **WISH LIST**

Food donations needed for **OPERATION BACKPACK** are nutritional, kid-friendly snacks and single-serving size food items that are easy for youth to prepare:

### Microwave bowls or small cans of:

- Soup or Stew
- Dumplings
- Spaghetti
- Raviolis
- Mac & Cheese
- Beans & Wieners

### Microwave packets of:

- Hamburger Helper
- Easy Mac & Cheese

### Small microwave meals, packets of rice

Ramen Noodles or Cup of Soup

Tuna/Chicken Salad, with crackers

Small cans/cups of vegetables

Applesauce or fruit cups

Individual serving size of Peanut Butter

Cheese and Crackers/Pretzels

Cheese or Peanut Butter Crackers

Chips, Chex Mix, Cheezits, Crackers

Teddy Grams, Graham/Animal Crackers

Nuts or snack mix

Granola Bars

Protein Bars

Small boxes of cold cereal

Packs of Carnation Instant Breakfast

Microwave packs of instant hot cereal/oatmeal

Non-perishable, shelf stable milk

Small cans of fruit or vegetable juice

Single serve packets of Kool-Aid/juice mix

***All items must be non-perishable, individually wrapped, and sugar-free if available.***



Your donation supports the Topeka North Outreach Operation Backpack program, providing Weekend Food Sacks for children of low-income families.