



Operation BACKPACK

Weekend Food Sacks

“Feeding the Mind, Body & Spirit”

Your donation helps provide weekend food sacks for children of low income families. Thank you!

Wish List!

Nutritional, kid-friendly snacks and single-serving size food items that are easy for youth to prepare:

(all items must be non-perishable, individually wrapped and sugar-free if available)

Microwave bowls or small cans of:

Soup, stew or chili

Dumplings, noodles

Spaghetti, lasagna

Raviolis, Spaghetti Os

Mac and cheese

Beans and wieners

Small cans of meat

Hormel Compleats

Small microwave meals, packets of rice

Ramen Noodles or Cup of Soup

Instant Lunch

Tuna/chicken salad, with crackers

Small cans/cups of vegetables

Applesauce, fruit cups

Individual serving size of peanut butter

Fruit, veggie or yogurt pouches

Fruit snacks

Cheese crackers or pretzels

Peanut butter crackers or pretzels

Chips, Chex Mix, Cheezits, Goldfish

Teddy Grahams, graham or animal crackers

Nuts, snack mix or trail mix

Granola bars, protein bars, fruit bars

Breakfast biscuits/bites

Small boxes of cold cereal

Instant hot cereal/oatmeal

Non-perishable, shelf stable milk

Packs of Carnation Instant Breakfast

Single serve packets of Kool-Aid/juice mix/cocoa



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