

# **BACKPACK BUDDIES**

## **“Suggested” Shopping List**

**THINK: Nutrition - Size - Weight when purchasing items**

### **Individual Servings of:**

- Canned tuna, chicken, Vienna sausages
- 100% boxed fruit juice
- Canned fruit (small cans with pull tabs best)
- Fruit or applesauce cups
- Microwavable soups or canned soup
- Microwavable macaroni & cheese
- Rice-a-Roni
- Raisins
- Nuts –variety packets
- Packets of trail mix
- Popcorn
- Crackers & cheese or peanut butter
- Instant oatmeal
- Canned vegetables (small cans with pull tabs best)
- Pudding snack packs
- Fresh fruit: - apples, oranges
- Cold cereal (individual servings)
- Peanut butter in plastic cups
- Granola bars
- Non-refrigerated cartons of milk
- Fruit roll ups / fruit snacks
- Hot cocoa packages

### **Hygiene Products**

(either travel or full size)

- Soap
- Toothpaste
- Shampoo
- Dental floss