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Backpack Pals Bethlehem

We strive to feed ALL children in the Bethlehem Area that are food insecure. Eating should NOT be a privilege.

Backpack Pals Food List

Please make sure they are individual sizes.

Each backpack should have:

For breakfasts:

4 pack-**individual** Fruit cups or applesauce, no sugar added, no apricots please –cardboard wrapped
4 **individual** cereal bowls or oatmeal – healthy choices please

For cooked meals: Individual sizes please

2 cans Ravioli or individual rice – pop tops, healthy choices if possible
2 cans Soup – canned – pop tops, healthy choices if possible
3-4 **individual** servings Macaroni and cheese – foil topped bowls work best
3-4 **individual** vegetable cup

For non-cooked meal, anytime or snack:

Tuna- foil pouch
Peanut butter, **12 oz** – plastic jar please – 1 per backpack
Jelly or jam, any kind – **plastic jar please** – 1 per backpack
Box of crackers – saltine or Ritz type –low sodium is good

For snacks:

4-6 individual drink mix packets
6 or 8 Protein/cereal/granola type bars – healthy choice – high protein, low sugar
6 pack or one regular box Raisins or similar dried fruit – no apricots please – no added sugar
Misc snack bags – healthy choices such as popcorn, pretzels, etc.

Possible non-food items:

Book (any reading level)
Coloring books, crayons
Hygiene products – toothbrush, toothpaste, shampoo, hand sanitizer, etc.