



**GUILFORD  
BACKPACK MINISTRY**

SERVING NORTHERN AND NORTHWEST AREA SCHOOLS SINCE 2010

## Shopping List

|  |  |
|--|--|
|  | Individually Wrapped Snacks            |
|  | Peanut Butter (16 oz, plastic only)    |
|  | Jelly (plastic only)                   |
|  | Applesauce (plastic only)              |
|  | Canned Fruit                           |
|  | Canned Veggies                         |
|  | Pasta Sauce (plastic or canned only)   |
|  | Mac & Cheese                           |
|  | Canned Tuna (5 oz)                     |
|  | Canned Chicken (12.5 oz)               |
|  | Canned Ravioli or SpaghettiOs          |
|  | Canned Soup                            |
|  | Instant Mashed Potatoes (4 oz pouches) |
|  | Spaghetti Noodles (16 oz)              |

|  |                                    |
|--|------------------------------------|
|  | Bags of Rice (1 or 2 lb.)          |
|  | Knorr Sides (packets)              |
|  | Ramen Noodles                      |
|  | Boxes of Cereal                    |
|  | Instant Oatmeal (packets)          |
|  | Pop Tarts                          |
|  | Peanut Butter Crackers             |
|  | Goldfish/Cheez-It snack packs      |
|  | Granola Bars                       |
|  | Cereal Bars                        |
|  | Crackers (Ritz, Wheat Thins, etc.) |
|  | Animal crackers                    |
|  | Graham crackers                    |
|  | Juice Boxes                        |