



Kid Packs

Here's a list of food and grocery items recommended for take-home packs to be distributed to families with kids. Foods from each category should be in the Kid Pack.

Important: *When choosing from each category, consider enough for a family of four. For example, if you use Alphabet soup, you would need two cans - enough for a child to share with his family.*

Meals

Select 3 from this category

Macaroni and cheese
Alphabet soup
Chicken noodle soup
Canned pasta combos
Instant oatmeal
Peanut butter

Healthy Snacks

Select 3 from this category

Cereal grain bars
Applesauce packs
Pudding packs
Cheese or peanut butter
cracker combos
Dry packed meat products
Individual fruit cup packs
Apple chips
Popcorn
Oatmeal cookies
Graham crackers

Personal Care Items

Select 3 from this category

Toothpaste
Toothbrush
Shampoo
Soap

Beverages

Select 2 from this category

Individual juice carton packs
Sports beverages
Cocoa mixes (to mix with
water)
Flavored mixes for milk
Lemonade mix