

Backpack Menu B

The following foods will fill **One box** , providing **One child** with a backpack full of food.

Quantity	Size	Food
1	8 oz –10oz	Cereal
2	12 fl oz	Evaporated Milk
2	15-16 oz	Canned fruit
1	6-20 oz	Peanut butter
1	16-20 oz	Jelly
1	4-16 oz	Crackers
1	7– 10 oz	Macaroni and cheese
1	10-15 oz	Canned chicken soup
2	14-16 oz	Canned vegetables
1	14 oz	Box of instant rice
1	15-20 oz	Canned beans
1	10-15 oz	Canned meat
1	46-64 fl oz	100% fruit juice

Please keep in mind this food will be distributed to children in unstable living conditions. Remember to donate/collect kid-friendly, nutritious food. Refrain from donating/collecting food in glass containers, foods high in sugar or with artificial coloring, and food that is expired or food which needs refrigeration.

Q & A

Q: What if I can't find exactly what's on the Menu?

A: Try the best you can and find a similar item.

Q: Is it necessary to put an \$8 check in each box?

A: Each check helps us pay for the distribution of backpacks throughout Orange County but if you are unable to donate this amount, please contact the Director of Community Programs, 714-523-4454 x.130

Q: Can I add additional food to the box?

A: Yes

Q: Can I fill a box with only one or a couple of items from the menu?

A: Yes, but this must be discussed with the program coordinator beforehand.

