



## SNACK packs

Many low-income parents rely on school meals to feed their children. Often, children go hungry on the weekends and school breaks when these meals are not available. The WGB Snack Pack program allows volunteers to prepare bags in their own setting, and drop them off at WGB anytime. These guidelines will help with your success:

- ♥ Prepare as many bags as you 'd like. All items must be non-perishable, shelf stable, and individually packaged for immediate consumption.
- ♥ All items must be pre-packaged or store-bought. Home-made items may NOT be included.
- ♥ Each pack must include at least one of each of the following:
  - ✓ breakfast item
  - ✓ lunch & dinner item
  - ✓ snack
  - ✓ drink
- ♥ Please pack items in a plastic storage or brown bags. Gallon size plastic Ziploc bags are preferred so contents will be visible and potential leaks are contained.

Your ideas are welcomed, but here are a few suggestions:

### **BREAKFAST**

Small boxes of cereal  
Individual oatmeal packets

### **LUNCH/DINNER**

Mac & Cheese microwavable cups  
Chef Boyardee mini microwavable cups

### **SNACKS**

Pudding or Fruit cups  
Goldfish  
Applesauce  
Fruit Snacks  
Granola Bars

### **DRINKS**

Bottled water  
Shelf-stable juices boxes or pouches  
No glass containers, please!

*Thank you!*



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