

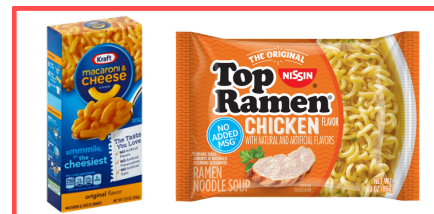


## SNACK PACKS

Many low-income families rely on school meals to feed their children, who often go hungry on the weekends and during school breaks when these meals are not available. The WGB Snack Pack program provides convenient bundles of easy-to-prepare meals for kids, and allows volunteers to prepare bags in their own setting and schedule drop-offs with WGB. These guidelines will help with your success:

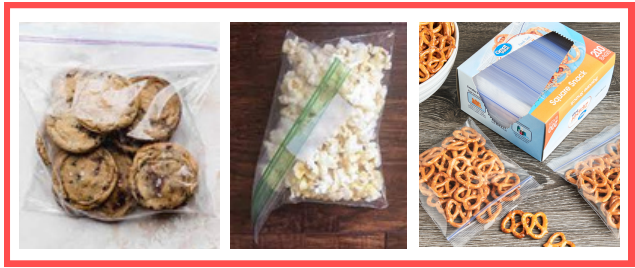
- Prepare a minimum of 100 snack packs. All items must be non-perishable, shelf-stable, and individually packaged for immediate consumption.
- Each pack must include all of the following (examples provided but your ideas are welcome):

<p><b><u>BREAKFAST – 2 ITEMS</u></b></p> <ul style="list-style-type: none"> <li>• Small box of cereal</li> <li>• Oatmeal packets (<b>2 packets</b> = 1 breakfast item)</li> <li>• Protein shakes</li> </ul>	<p><b><u>LUNCH/DINNER – 2 ITEMS</u></b></p> <p>Easy prep for kids (e.g. <b>microwavable</b>)</p> <ul style="list-style-type: none"> <li>• Mac &amp; Cheese cups</li> <li>• Chef Boyardee cups</li> <li>• Soup cups</li> <li>• Instant noodle cups</li> </ul>
<p><b><u>SNACKS – 4 ITEMS</u></b></p> <p>Please include at least 1 fruit-based</p> <ul style="list-style-type: none"> <li>• Pudding or fruit cup</li> <li>• Applesauce</li> <li>• Fruit snacks</li> <li>• Granola bars</li> <li>• Goldfish, pretzels, popcorn</li> </ul>	<p><b><u>DRINKS – 1 ITEM</u></b></p> <p>No glass bottles please!</p> <ul style="list-style-type: none"> <li>• Bottled water (8 oz)</li> <li>• Shelf-stable juice boxes/pouches</li> </ul>



Consider purchasing approved items off our [Walmart registry](#).

- All items must be prepackaged or store-bought (NO home-made items)



- Please pack items in plastic storage bags. Gallon-size Ziploc bags are preferred so contents will be visible and potential leaks are contained. Bags should seal closed fully.



- Email [info@WomenGivingBack.org](mailto:info@WomenGivingBack.org) to schedule your drop-off

Deliveries will be accepted at our facility:

20 Export Drive  
Sterling, VA 20164

**THANK  
YOU!**

Learn more about how **you** can support our mission:  
[www.WomenGivingBack.org](http://www.WomenGivingBack.org) | 703-554-9386