

Ruth's Harvest Back Pack "Needs List" - as of 9/15/15

Considerations for food items in back pack:

total weight of back pack, individual servings, nutritional benefits, non-perishable items, easy to prepare, no glass containers, no expired foods please.

► Individual serving Protein

- Tuna & cracker lunch pack 4 oz or less
- Canned chicken 5 oz
- Canned ham chunks (i.e. Hormel) 5 oz
- Peanut butter "To Go" pack 1.5 oz



► Individual serving/microwaveable Meals:

- Instant Soup Cups or packets, less than 3 oz
- Beef Stew, 8 oz or less
- Mac & cheese, 2 oz or less
- Spaghetti & meatballs, Lasagna, Ravioli or other pastas, 8 oz. or less
- Baked beans, 8 oz or less
- Instant rice cups, 3 oz. or less



► Liquids

- Shelf stable liquid low fat milk, 8oz
- 100% Juice, 6 oz or less



► Cereal

- Oatmeal packets, 2 oz or less
- Cold Cereal individual boxes or cups, less than 1.8 oz. per box



► Individual "To Go" serving

- Fruit cups (i.e. applesauce, peaches, oranges), 4 oz
- Raisins or other dried fruit, 1 oz or less
- Jell-O and Pudding snack cups, 4 oz
- Vegetable cup or can, 8 oz or less (green beans, corn, peas & carrots)
- Protein breakfast or granola bar, approx. 1.4 oz



- Peanut butter or cheese and crackers pack, 1.5 oz or less
- Planters salted Nuts or Trail mix, 1 oz or less
- Pretzels, 1 oz or less
- 100 calorie snack packs, 1 oz or less
- Goldfish crackers packs, 1 oz or less
- Hot chocolate packets, 1 oz. or less
- Popcorn, microwave packets, 1 oz or less



Ruth's Harvest "Short-Need's List" Sept, 2015



Meats and Stews

Chicken, Ham, Beef Stew 5 oz. or less



Breakfast items

Cold cereal, boxes or cups 2 oz. or less



Canned Vegetables and Fruits

Corn, green beans, mixed, carrots, 8 oz. or less
Fruit cups, 4 oz. or less



Snacks

Peanut butter "To Go" 1.5 Oz
Jell-O and pudding snack cups, 4 oz.



Accompaniments

Instant rice cups, 3 oz. or less Baked beans, 8 oz. or less