



# PACKS

for

## KIDS



**University  
District  
Food Bank**

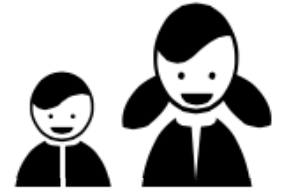


**One in five kids in Washington State lives in a household that struggles to put food on the table\***

Help ensure that area youth have access to healthful food all week long by donating needed items to the University District Food Bank: With these packs, we can provide a whole weekend's worth of food for kids K-12th grade

### GUIDELINES

- ✓ Single-Serving Size
- ✓ Easy-Open Containers
- ✓ Age-Appropriate
- ✓ Shelf-Stable



### ITEMS we NEED

- ★ Instant oatmeal
- Animal crackers
- Goldfish crackers
- ★ Breakfast cereals
- Whole grain crackers
- Tortilla chips
- Fruit cups in juice or light syrup
- Applesauce (no added sugar)
- ★ 100% juice
- Fruit leathers & snacks
- Trail mix
- ★ Nuts
- ★ Milk
- ★ Peanut butter & nut butters
- ★ Canned tuna
- ★ Tuna salad + cracker combos
- Canned spaghetti, ravioli, & soups (microwave-safe, with pop-top lid)
- Cup-of-Noodles
- Pudding cups



### FULL of NUTRIENTS



**Items with a star ★ beside them are especially nutritious according to the Center for Public Health Nutrition at the University of Washington, making them a great choice for Packs for Kids!**

**Learn more at** <http://www.udistrictfoodbank.org/services/packs-for-kids>