



BACKPACK BUDDIES SHOPPING LIST

- Plain, shelf-stable milk
- Shelf-stable chocolate milk
- Proteins (canned tuna, canned chicken, Vienna sausages, Chef Boyardee with meat ex. beef ravioli)
- Canned Soups
- Ramen Noodles
- Individual Mac-n-Cheese Cups
- Fruits (Applesauce, Fruit Cups)
- Granola Bars
- Fruit snacks
- Individual Bags of Chips (or other shelf-stable snacks)
- Individual Oatmeal Packets, single boxes (or cups) of cereal, pop-tarts or breakfast bars

Supporting 250+ children in these schools:

Potowmack E.S., Rolling Ridge E.S., Sulley E.S., Horizon E.S., Algonkian E.S., River Bend M.S., Potomac Falls H.S.

Items can be dropped off Tues/Thurs 8 AM - 4 PM at

Attn HRTS -Backpack Buddies c/o St. Matthew's
201 E. Frederick Dr. Sterling, VA 20164

sterlinghelp.org