



BACKPACK BUDDIES SHOPPING LIST

- Plain, shelf-stable milk
- Shelf-stable chocolate milk
- 1 pound bag of rice
- Canned beans (pinto or black)
- 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
- Pretzels
- Individual size snacks
- Individual oatmeal packets

Supporting 300+ children in these schools:

Potowmack E.S., Rolling Ridge 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