



## #SmallPackBigImpact Instructions

### Have a big impact on hunger from your home.

Buy the following for each meal sack you have decided to pack.

#### **TWO Protein Items:**

Details- You can add a can of tuna or chicken as a third item if you want to provide more protein. Choose items low in salt and high in protein.

- Progresso Heart Healthy / low sodium soup
- Healthy Choice soups
- Simply Campbell's Chicken Noodle Soup
- Ravioli
- Amy's soups
- Mac & Cheese boxes
- Knorr Rice; flavored or plain and match with a can of beans

#### **ONE Can of Fruit:**

Details - any type of fruit, 10 to 15 oz can, prefer low sugar or no added sugar

#### **TWO Snacks:**

Any granola bars, breakfast bars, small boxes of raisins, craisins, mixed nuts.

#### **TWO Oatmeal Packs:**

Single serving oatmeal packs; any flavors



#### **Create Care Cards:**

Make a care card to be tucked into each of the food sack that you pack. Write a message of encouragement and care then decorate and make it fun. To see examples, go to [#SpreadtheBackpackLove](#)

#### **Pack Your Sacks:**

Pack a food sack for each kid you want to feed for a weekend. Use a plastic grocery sack for each. Two protein meals, One can of fruit, Two snacks, and Two oatmeal packs AND tuck in one care card.

Leave the sack open - don't knot them closed.

## Thank you so very much for making sure that the kids we see every day, eat every day!