



## Shopping List

- Cans of Ravioli, Spaghettios, Chili,
  - Cereal - Individual Servings
  - Cereal bars
  - Juice Boxes / Hot Chocolate
  - Meat - Canned
  - Ramen Noodles
  - Beef Sticks
  - Oatmeal packets\*
  - Peanut Butter – Individual Cups\*
  - Soups\*
  - Individual Mac & Cheese cups or packets
  - Any other typical “kid-friendly” foods
- \*Especially Needed**

### Helpful Tips.....

- ✓ All Food items should be “non-perishable”.
- ✓ Children have to carry the packs home from school, so we try to make them light.
- ✓ Easy opening (pop top) cans, and simple microwavable foods work best.
- ✓ 6 Food items plus 1 beverages are packed in each gallon sized bag. Space is limited

We currently are feeding 270 kids every week in Hastings!

\$5 = 1 Weekend Meal  
\$200 = 40 Weekend Meals  
\$500 = 100 Weekend Meals

[www.unitedwayofhastings.org](http://www.unitedwayofhastings.org)



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There are Hastings children who don't have enough to eat. Weekend without school meals are especially tough.

Food 4 Kids provides bags filled with kid-friendly food for the weekend.

Here's how YOU can help!

- Donate money so we can buy food and packing bags.
- Donate kid-friendly foods found on the back of this page.
- Host a food drive or packing event as a community service activity.
- However you choose, you'll be helping the kids of Hastings come to school with full tummies, ready to learn

For more information on



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