

## Buddy Backpack Foods

Harnett County's Buddy Backpack Program is dedicated to providing nutritious foods to children so they can grow healthy and strong minds and bodies.

Suggested foods you can donate are:

Fruit cups/cans	Apple Sauce
Raisins	Pudding
Ramen noodles	Cereal
Vienna sausages	Tuna fish
Multi-grain bars	Crackers
Juice (plastic bottles and juice boxes)	Canned meats, fish
Grits	Ravioli
Oatmeal	Microwavable meals
Small poptop cans of vegetables	Macaroni & cheese

Your donations are much appreciated. At the start of this school year, 100% of the backpacks were returned after a summer break.