



Did you know there are typically 65 hours in a weekend? Highland Church has sponsored the *Backpack Blessings* program for many years now. With the help of volunteers, food and monetary donations from Highland and several other local churches, we are now providing weekend snacks for about 80 children who might otherwise go hungry over those weekend hours! This past summer, we also provided weekly bags for some of the children and plan to continue that mission for Summer 2017. What started in the basement of Highland (thanks to the vision of Kay Walker), has grown to a community-wide service to our children in need. **We need and welcome your support of this wonderful mission!**

Below is a list of food items for our *Backpack Blessings* program. We have tried to generate a list of snacks that will be appealing, yet as low in sugar and sodium as possible. Also, we have found Sam's and Walmart to be most economical, but you may purchase items where you choose. Of course, monetary donations are welcome. We also invite you to join us for packing on Thursdays at 2:00 p.m. at the Colonial Heights Food Pantry.

**Sam's Club:**

Chef Boyardee microwaveable pasta bowls (8 per box)  
Kraft Macaroni & Cheese microwaveable bowls (12 per box)  
Kellogg's individual cereal boxes (30 per box)  
Lance Toast Chee Peanut Butter Crackers (40 per package)  
Lance Cheese Crackers (40 per package)  
Snack Pack Pudding Cups (18 vanilla & 18 chocolate per box)  
Act II microwaveable popcorn (30 per box)  
Fiber One Oats & Chocolate chewy bars (36 per box)  
Yoo-hoo chocolate drink boxes (32 per box)  
Cheez-It cheddar crackers (45 pouches per box)  
Goldfish crackers (30 pouches per box)  
Little Hugs Fruit Juice barrels (48 per box)  
Fruit Cups with peel-back lids (16 or 24 per box)  
Applesauce with peel-back lids

**Walmart:**

Raisins (6 boxes per package)  
Jif-to-Go individual peanut butter (8 per package)

**Other**

Vegetable cups with peel-back lids (4 per package)