



## Go-Bag Content:

Everything needs to be easy to open (no can openers or scissors required). We want each bag to hit as many food groups as possible, not a lot of sugar, and everything must be non-perishable (the bags can sit for up to a week or so and will not be refrigerated). Please assemble the bag prior to drop-off.

Please put one of each item into a gallon size Ziploc:

- Easy to open **protein** (microwavable pasta or bean meal that can be eaten cold, single service stew/soup, canned tuna or chicken, beef jerky, bag of nuts)
- A healthy **fruit of veggie option** (squeeze pouch, fruit cup, fruit snacks, dried fruit or veggie, apple sauce)
- A **snack bar** (granola bar, protein bar, breakfast bar, etc.)
- One more additional **snack** (cookies, crackers, pretzels, etc.)
- **Drink** (juice that provides some nutrition or small 6 oz. water)
- **Spoon, napkins, and/or encouraging** message that does not proselytize (optional)

Please note: Gallon size Ziploc bags and boxes to put bags in are also needed.

If these bags are **not** going to a Friendship House location and instead going to put into your cars, please include a Friendship House postcard. Make sure nothing that can melt is in the bags.