

Food Bag Instructions

Thank you for helping provide a welcome to asylum seeking families by providing them with some good 'travel food.'

The **food bag items** we provide are shelf-stable, factory wrapped and individually-sized; the bus station volunteers give as many bags as a family may need. These bags need no refrigeration, travel well and work well while pandemic protocols are in place.

For Food Bags: Pack a 1 gallon zip lock baggie with:

2 paper towels (torn off a roll)

1 Napkin

1 plastic Spoon

Individual hand wipe (if available)

Peach Fruit Cup or Mixed Fruit Cup

Tropical Fruit Cup or Pineapple Fruit Cup

Apple Sauce Squeeze Pouch

Bag of Roasted Peanuts

StarKist Tuna Fish Lunch To-Go

Granola Bar (Oats & Honey)

Granola Bar (Sweet & Salty Peanut or Almond)

Cheese and Crackers

Peanut Butter Crackers

Small Can of Vienna Sausage or pop-top can of stew or spaghetti

Pop Tart

Pack the baggie so that it is full but also can be *completely, tightly* sealed. We don't want to invite any critters to get interested!

FYI - water bottles will be provided separately so don't put one inside the food bags.

Thank You!