

**Sacks For Saturday** *(NO peanut butter due to allergies)*

We have 20 students in need at Ruskin Elementary that we provide for each week. Any food or monetary donations are greatly appreciated. Each sack we assemble for them contains the following:

**2** breakfast items: Pop-Tarts, small containers of cereal, cereal bars, instant oatmeal, instant grits

**2** protein items: (cans should have pop tops, be microwaveable cups, or in pouches): Spaghetti-Os, canned pastas, cups of soup, Vienna sausage, single serve cans/packets of chicken or tuna, Beanie Weenies, microwaveable mac n' cheese, Ramen noodles, Ramen Instant Lunch

**2** fruits: diced fruit in cups, applesauce, raisins

**2** dairy: shelf-stable snack pack puddings, various flavors

**5** snacks (individual packs of): Rice Krispie treats, crackers with cheese, snack cakes, gummy snacks, chips, cookies, Goldfish, pretzels, popcorn (ex: Skinny Pop, SmartFood)