

MANNA Packs



Most-Needed Items

Protein/Main Dish Items examples

Healthy Soups
Chili- turkey, beef or bean
Canned pasta (SpaghettiOs, ravioli, etc.)
Beans & franks
Mac & cheese

Canned items

Vegetables and Fruits packed in water

Dry goods (1 lb boxes/bags or smaller)

Beans: Dry
Rice: Brown
Pasta: Whole Wheat
Dinner mixes (Hamburger/Tuna Helper, etc.)

Healthy snacks

Cereal/granola/breakfast and protein bars
Healthy Fruit/applesauce cups
Jello or pudding cups
Crackers (graham, animal,cheese etc.)
Dried fruit pouches
Individual-serving cereal boxes/bowls
Single-serve packs (cracker sandwiches, graham/animal crackers, etc.)
Fresh fruit/vegetables during Summer Packs season!

Beverages

Milk (shelf-stable UHT boxes)
Juice boxes (100% juice only; no pouches, please)

Please, NO glass containers or candy- If Possible please look for Child-Friendly packaging such as flip top cans, easy open containers etc.

Questions? Contact Beth Stahl at 828-299-3663 x231 or BStahl@FeedingAmerica.org.

Financial gifts to Manna FoodBank, designated for Manna Packs, are also appreciated.

