Healthy Foods for Healthy Backpacks

Grains
- Bread
- Canned pasta
- Tortillas
- Bagels, mini bagels
  (When possible, include whole wheat grains)
Cereal
- Oatmeal
- Grits
- Lightly sugared, boxed cereals (corn flakes, bran flakes, puffed rice cereals)
Cereal bars and granola bars
- Instant rice (packages or boxes)
  - Brown rice
  - White rice
  - Wild rice
Snack foods
- Crackers (whole wheat)
- Pretzels
- Cheese crackers
- Popcorn

Vegetables
Vegetable soups
- Pop top cans
- Microwavable bowls
Canned vegetables (Pop top cans are best.)
- Corn
- Carrots
- Peas
- Tomatoes
- Mixed vegetables
  (Look for items with “No added salt”)
Packages of dry, mashed potatoes
100% vegetable juice (in boxes, bottles, or pouches)
  - Orange
  - Apple
  - Grape
  - Cranberry
Plastic vegetable cups

Fruits
Fresh fruits
- Apples
- Oranges
Canned fruits or plastic fruit cups
- Pineapple
- Peaches
- Pears
- Mandarin oranges
- Grapefruit
- Fruit cocktail
- Apple sauce
  (Look for items canned in 100% fruit juice or light syrup)
Dried fruit
- Raisins
- Pineapple
- Cranberries
100% fruit juices (in boxes, bottles, or pouches)
- Orange
- Apple
- Grape
- Cranberry

Meat and Beans
Packaged or canned meats
- Tuna
- Salmon
- Chicken
Canned beans (Pop-top cans are best.)
- Black eyed peas
- Kidney beans
- Navy beans
- Pork and beans
- Baked beans
Packaged nuts and seeds
- Peanuts
- Cashews
- Sunflower seeds
- Sesame seeds
Soups and canned, single-serving entrees
  (Pop-top cans are best.)
- Chicken noodle soup
- Chicken and rice soup
- Beef stew
- Vegetable beef soup
Peanut Butter

Keep In Mind
The Dietary Guidelines suggest limiting solid fats and sugars (soFAS) to 5 to 15 percent of calories.

Foods and Drinks to Limit
Soft drinks
Toaster pastries
Cookies
Pies & muffins
Fruit drinks that aren’t 100 percent juice
Cereals sweetened with sugar

Bottled water can be added to a child’s backpack. Children need to drink water throughout the day.
Examples of Healthy Backpacks

### Backpack 1

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Meat &amp; Beans</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz. package of pretzels</td>
<td>16 oz. can of green beans</td>
<td>1 fresh apple</td>
<td>6.4 oz. packaged chicken</td>
<td>(2) 8 oz. packages of UHT milk</td>
</tr>
<tr>
<td>1.75 oz. cheese crackers</td>
<td>Or</td>
<td>4 oz. peach cup</td>
<td>Or</td>
<td></td>
</tr>
<tr>
<td>1.3 oz. granola bar</td>
<td>(2) 12 oz. bottles of 100% vegetable juice</td>
<td>(2) 2 oz. packages of peanuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Backpack 2

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Meat &amp; Beans</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz. package of animal crackers</td>
<td>16 oz can of mixed vegetables</td>
<td>4 oz mixed fruit cup</td>
<td>6.4 oz packaged tuna</td>
<td>(2) 3.5 oz pudding cups</td>
</tr>
<tr>
<td>1.75 oz wheat crackers</td>
<td>OR</td>
<td>4 oz cup of applesauce</td>
<td>OR</td>
<td>12 oz package of dry milk</td>
</tr>
<tr>
<td>1.3 oz cereal bar</td>
<td>4 oz plastic vegetable cups</td>
<td>(2) 2.25 oz packaged peanut butter</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

References: Dietary Guidelines for Americans 2010
Adapted for use in Kentucky from "Backpack Buddies," Cara Jenkins, East Carolina University, 2010
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Extension Specialist for Nutrition Education Programs

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Healthy Backpacks for Healthy Kids

The Backpack Program has been designed to help meet the nutrition needs of elementary school aged children when food resources are not available, such as on weekends and during school vacations. Donating healthy foods suggested in this flyer will help children eat well balanced, nutritious meals. Donate to a backpack program in your community.

To meet one-third of the nutrition requirements for the weekend (2 days), provide the following in each backpack:

- 4 ounces of Grains
- 2 cups of Vegetables
- 1 cup of Fruit
- 2 cups of Milk
- 4 ounces of Protein

Choose My Plate

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