



St. Mary's
Food Bank
ALLIANCE®

MEAL BAGS

for the Homeless

Item required:

- Gallon-size Ziploc (or similar brand) bag

Preferred Items (all travel size):

- Soft granola Bar or cereal bar
- Fruit snack or applesauce cup
- Crackers with peanut butter or cheese
- Gift certificate to fast food
- Mints, cough drops or gum
- Shelf-stable meat (chicken/tuna/etc in pop-top cans or a pouch)
- Jerky (beef, chicken, etc)
- Trail Mix
- Peanut butter
- Nuts (almonds, peanuts, etc)
- Dried fruit
- Pop-top canned items (stews/ravioli/fruits/vegetables/soups)
- Disposable utensils (preferably in a bag with a knife, fork, spoon and napkin)
- Single-serve size cereal

Note:

- All items must be in original packaging. Please include a travel size bag of nuts rather than purchasing a large quantity and separating it into smaller servings.

Tip:

- Soft snacks are best. Since many men and women experiencing homelessness don't have access to dental care, soft foods are gentler on teeth and gums.