

John Adams Middle School (JAMS) Backpack Program

Needed items:

1. Spaghetti boxes/packages, (small ones)



2. Spaghetti sauce in a jar, (any brands and any flavor)



3. Individual fruit cups (any kind).



4. Cans of vegetables (corn and green beans are favorites, carrots and peas liked by fewer kids)

5. Fruit juice boxes (100% juice) any flavor.



6. Dried fruit (can be a large bag, teachers will bag them up into individual bags. Apples and bananas liked the best but they will take any)



7. Trail mix (large bag as it can be put in individual baggies by the teachers)



8. Mac and cheese (big box or individual packages, any kind)

9. Individual boxes of cereal (need a lot of these). Can not find them in town, Costco has them.



10. Soup (any kind, favorite is any variety of chicken noodle/rice)



11. Granola bars (any)

12. Tortilla shells (soft), smaller size, less waste. Check the shelf life, get farthest date out.



13. Rice mixes (ready to eat is the best, variety of flavors needed)



14. Crackers (any variety wrapped in individual packets preferred)



15. Pretzels (large bags are fine as they can be put in baggies, or individual bags)

16. Individual Tuna packets, any flavor!



17. Hormel Dinty Moore stew (kids LOVE these)



18. Apple sauce, individual servings

19. Pop Tarts (chocolate fudge and frosted strawberry are the favorites, they go through a lot of these)

20. Spaghetti's (with meatballs/hotdogs or original)



21. Ravioli (in a can) any variety



22. Microwave Popcorn (any kind)

23. Pudding cups (any flavor)

24. Ramen noodles, (any flavor but chicken and beef flavor is liked the best. This is a hit with the kids)

25. Pancake mix (need the one that only needs water added)

26. Syrup

27. Peanut butter, small jar (creamy or chunky)

28. Jelly

29. Rice-a-roni

30. Boxes of ANY noodles/pasta.... (Elbow noodles, wide noodles) etc.

FOOD ITEMS that are in short supply:

1. Individual containers of Mac-N-Cheese
2. Packs of tuna (cans are fine but the packets they can just rip open are preferred. The lack of having can openers has been a problem for some children in the past.)
3. Snacky items such as Crackers, Goldfish crackers, microwave popcorn packets, pretzels. The counselors at the school have baggies that they can divide up the crackers for individual servings so even though the individual bags are preferred by the kids, a large bag is fine and is less expensive.
4. They have some individual cereal boxes left but it is ALWAYS a desired item, (Can only find it at Costco/Sam's club). Can't find it at the Mason City grocery stores anymore.
5. Hormel meals, (or other meals like this), that are in the plastic containers that can simply be heated up. These are completely gone! (The kids LOVE these according to the counselors at the school).
6. Individual apple sauces

ITEMS THAT THEY HAVE ENOUGH OF RIGHT NOW:

1. Cans of vegetables
2. Individual fruit packets

Thank you so much, the number of children receiving these services has tripled since COVID. They are always so appreciative and excited when the food is delivered!! This is such a needed program for the youth in our community!

- Servant Cabinet