



Please review our document regarding supplemental meal bags before preparing them.

Breakfast Bag Suggested Items

- Soft, reduced sugar granola bars, such as Nutri-Grain bars
- Ensure/ shelf stable meal replacement drinks/ protein drinks
- Shelf stable fruit juices
- Low sodium grits
- Lower sodium/ sugar oatmeal packs
- Low sugar fruit cups *We suggest peaches, mandarin oranges, fruit cocktails or other options over applesauce*
- Healthy packaged muffins
- Low sugar cereal packs
- Peanut butter/ nut butter
- Dried fruit

Lunch Bag Suggested Items

- Pouches of tuna/ chicken
- Low sodium pull top soups and vegetables
 - We suggest avoiding canned corn and green beans
- Peanut butter/ nut butter
- Whole wheat crackers other than saltines
- Vegetable juice
- Shelf stable fruit juices
- Microwavable meals *Hormel Compleats & Barilla Shelf Stable meals are examples*
- Dried fruit/ low sugar fruit and nut blends
- Low sugar fruit cups *We suggest peaches, mandarin oranges, fruit cocktails or other options over applesauce*
- Soft shelf stable & ready to eat protein bars
- Low sodium pretzels, crackers, biscuits

Supplemental Meal Bag Frequently Asked Questions:

Q: *Do all the bags need to be exactly the same?*

A: No. We suggest 3-5 items per bag. Most often these bags are distributed to our homebound seniors so they will not see any other bags for comparison.

Q: *Can we purchase boxes of items and separate them?*

A: Absolutely! As long as the items inside are individually packaged then boxes of grits, oatmeal packets, protein bars, etc. can be separated into multiple bags.

Q: *What bags should I pack in?*

A: We have found that zip-lock gallon bags are the easiest bags to pack. If T-Shirt/grocery bags are used, please double knot them closed to prevent spilling. For paper lunch bags, please staple or secure the top closed to prevent spilling.

Q: *When do I need to contact MOW about delivering bags?*

A: The sooner the better. We can answer any additional questions you have and get a loose timeline together for when you will be delivering bags. This is even more important if your organization is only able to drop off at our main location because we will need to figure out transportation to additional sites.

Q: *What items should not be included?*

A: Please refrain from recycling items from your personal pantry. We never want to deliver expired goods to our seniors. Any item that is hard to open, requires a can opener or is extremely dense is not the best option for our participants. Many of our seniors have dentures or sensitive teeth, arthritis or limited strength/mobility in their hands and arms and poor vision. Accepted items need to be new, not expired, and easy to use.

Q: *Can I donate non food items?*

A: Please contact sharon@wakemow.org to discuss. We do get requests for cleaning supplies, personal hygiene supplies and adult diapers, but these donations need to be discussed on a case by case basis.

Q: *Our group wants to donate bags and help deliver meals.*

A: We would love to have your group deliver! Just let us know that is what you would like to do when you first reach out and we will notify the volunteer coordinator for the location/ locations you would like to deliver for and organize the event.