

## **“The Nest”**

Advent Lutheran Church is partnering with Osseo Senior High to provide a backpack program to the students. This is an amazing, ongoing outreach within our community for students who are facing food instability on the weekends and over holiday breaks. Each week this program supplies backpacks with non-perishable, easy to prepare food items. The students take home a backpack full of food on Friday after school and bring it back empty Monday morning. There are students in our community who are either homeless or do not know where or when their next meal is coming.

How can you help? To sponsor this program you can:

- Donate food
- Make a cash donation

Food donations may be dropped off at Osseo City Hall during regular business hours.

Osseo City Hall  
415 Central Ave  
Osseo, MN 55369

Monetary donations may be mailed to Advent Lutheran Church. Please note all checks will need to include a memo indicating proceeds are for Backpack Program.

Advent Lutheran Church  
9475 Jefferson Highway  
Maple Grove, MN 55369

All other questions can be answered by email: [TheNestBackPackProgram@gmail.com](mailto:TheNestBackPackProgram@gmail.com)

### **“The Nest” Backpack Program Food List**

#### Breakfast

Granola Bars  
Jelly & Jam  
Pop-Tarts  
Pancake Mix (just add Water)  
Syrup  
Cold Cereal (bags/boxes)  
Protein Bars  
Fruit (Canned/Cups)

#### Snacks

Apple Sauce  
Trail Mix  
Small Bags of chips, pretzels, cookies  
Fruit Snacks  
Nuts/Snack Crackers  
Microwave Popcorn  
Beef Jerky/Sticks

#### Lunches/Dinner

Heat and Eat Meals (Hormel)  
Cup Ramen/Yakisoba Noodles  
Soup (Carton, Can, Cup)  
Plain Rice (Rice Pouches)  
Peanut Butter  
Chunky Soup  
Canned Pasta (Chef Boyardee)  
Knorr Pasta or Rice sides  
Mac N Cheese (EZ Mac)  
Instant Potatoes  
Stew (Canned or Cup)  
Chili (Canned or Cup)  
Spaghetti Sauce/Noodles  
Canned Meat (Vienna Sausages, Tuna)

#### Beverage

Bottle Water  
Juice (Box/Pouches)  
Water Flavor packets  
Gatorade (Small)

#### Hygiene Products

Chapstick  
Lotion  
Body Wash  
Deodorant  
Socks