

MHS Gives Back
Backpack Program
Wish List

<u>Breakfast Items</u>	<u>Lunch/Dinner Items</u>
Cereal	Crackers
Oatmeal	Easy Mac (Packets or Bowls)
Cereal/Breakfast Bars	Ramen Noodles
Poptarts	Apple Sauce (Canned or Individual Servings)
<u>Lunch/Dinner Items</u>	Fruit (Canned or Individual Servings)
*Canned Pasta (Spaghetti, Ravioli, Etc.)	<u>Snacks</u>
*Canned Chili	Granola Bars
*Canned Stew	Fruit Snacks
*Canned Soup	Animal Crackers/Cookies (Individual Servings Only)
*Canned Meat (Chicken, Vienna Sausages, Spam)	Raisins
*Canned Tuna or Individual Pouches	Chips/100 Calorie Packs
*Canned Vegetables	Peanut Butter/Cheese Crackers
Pasta and Sauces (Red or White)	<u>Drinks</u>
Peanut Butter (Jars or Individual Servings)	Capri Sun/Juice (Individual Servings Only)
Jelly (Jars or Individual Servings)	Shelf Stable Milk

*Whenever possible, please look for pop top cans or the individual microwavable products.

School Supplies: Pens, Pencils, Notebooks, Loose Leaf Paper, Binders
Personal Items: Deodorant, Razors, Shaving Cream, Soap, Feminine Products, Shampoo/Conditioner
Gift Card: Schnucks, Dierberg's, Shop N Save, Walmart
Winter Supplies: Coats, Jackets, Scarves, Mittens, Hats
Infant Supplies: Formula or Formula Coupons, Diapers, Wet Wipes

Monetary Donations are always appreciated. Please make checks payable to MHS Gives Back and mail to:

Mehlville High School
Attention MHS Gives Back
3200 Lemay Ferry Rd.
Saint Louis, MO 63125