



from HOMELESS *to* HOPEFUL

Tips for Assembling Snack Bags for Youth Experiencing Homelessness

Last year, approximately 2,700 youth visited YouthLink's drop-in center, where they can receive basic needs like food, personal care items, clothing, laundry, and a hot shower.

These snack bags include ready-to-eat items that youth and families can take along with them or access during non-mealtimes.

Healthy Snack Pack Ideas

(At least one item from each category, can include more if desired)

- Cereal Item
 - granola bar, cereal cup/single-serve cereal box, Nutrigrain bar, oatmeal packet
- Non-perishable fruit
 - Apple sauce cup or pouch, fruit cup, dried fruit,
- Protein Item
 - Slim Jim, jerky, individual foil pack of tuna or chicken, peanut butter (e.g. Jif-To-Go), protein bar, nuts
- Snack item
 - Crackers, cheese or peanut butter crackers, pretzels, Goldfish, chips, cookies, Cheez-its, rice crispy treat, fruit snacks, toaster pastries
- Spoon (if needed) & Napkin
- Clear, zip-loc bags are ideal for storage and easy distribution (and youth typically reuse them), but we are also open to reusable bags or pouches.

Reach out to donations@youthlinkmn.org or 612-252-1280 for questions and to arrange a donation drop-off time/day.

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