

# Backpack Meals Program



# What is Backpack Meals Program?

So many schools in our area have an alarming rate of children who are on free or reduced meals at school. Did you know that most of the time, this is the only hot and nutritious meal these children will receive?

We need your help supplying food to fill backpacks to send home to these children so they have access to nutritious food on the weekends.

Let's work together to help feed the hungry children right here where we live!!

# Here is a list of items needed:

All food and drinks need to be individual sizes or individually wrapped; cans need to be an easy open ring top. NO PEANUT PRODUCTS PLEASE

- Oatmeal or Grits
- Individual Cereal Boxes
- Fruit Cups (any flavor)
- Applesauce
- 100% Juice
- Breakfast/granola bars
- ChefBoyardee Meals  
(Ravioli, Beefaroni, etc)
- Macaroni & Cheese
- Treats (Cookies, Rice Krispie Treats, etc.)
- Canned Tuna or Chicken
- Shelf-stable Milk
- Pudding
- Cheese Crackers
- Goldfish
- Beanie Weenies
- Vienna Sausages