



BACKPACK PROGRAM™ WISH LIST

The Backpack Program™ provides children who are at risk of hunger with a bag of nutritious, easy to prepare food each Friday during the school year. This program fills the gap left when children do not have access to free and reduced priced school meals on weekends and breaks. Packs are distributed discreetly through participating schools to ensure confidentiality.



Items in the packs must be:

- Kid-friendly, nutritious & shelf-stable
- Individually packaged, or small and light enough to carry (no glass jars please)
- Easy to prepare - even without a stove, or in some cases, a can opener
- Labeled with ingredients and nutrition facts

What Items Do We Need?

Fruits & Vegetables

- Cans of vegetables
- Cans of fruit

Proteins

- Peanut Butter
- Canned tuna or chicken
- Canned Soup

Grains

- Individual servings of cereal
- Boxed Macaroni & Cheese

**YOUR DONATIONS WILL HELP PROVIDE PACKS
TO OVER 2,800 CHILDREN EACH WEEK!**

For more information on the Backpack Program™ contact:
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