



The Regional Food Bank of Northeastern New York's *BackPack Program*

"When local kids go hungry, we have their backs."

About the BackPack Program

The BackPack Program is designed to meet the needs of hungry children on weekends, when other resources are not available. The program provides backpacks filled with food that is child-friendly, shelf-stable, and easily-consumed. Bags are packed each week by school staff and discreetly distributed to participating children every Friday afternoon.

BackPack Facts

- The BackPack Program partners with over 115 schools throughout 18 counties, serving over 2,500 children each week.
- Over 70,000 backpacks were distributed during the 2014-15 school year; the equivalent of over 420,000 meals distributed directly into the hands of children in need.
- 73,000 lbs. of fresh produce was distributed to BackPack students during the 2014-15 school year.
- An average backpack weighs 12 pounds.

BackPack Menu

Each bag includes...

- 2 breakfast items (cereal, oatmeal packets, graham crackers, granola bars)
- 3 entrées (mac & cheese, PB & J, Spaghetti Os, tuna, soup), etc.
- A loaf of bread
- Milk card for a gallon of milk (distributed every other week)
- 2 juice boxes (100% juice when possible)
- Fresh fruits
- Canned vegetables (distributed once a month)
- 2 snacks (cookies, popcorn, pudding, etc.)

*Regional Food Bank of NENY • 965 Albany-Shaker Rd, Latham, NY 12110
www.regionalfoodbank.net • (518)786-3691*

What They're Saying about Backpack

- **BackPack has been shown to help improve attendance and academic performance and reduce disciplinary actions in participating students.**
- "It is a great help when it is so costly in the store. It gives me peace of mind. I know my kids look forward to it and enjoy it." ~A parent of a participating student
- "It helps fill in meals and it's great to know the school is there to help in other ways than just academics!" ~A parent of a participating student.
- "I like getting food from the Backpack because I don't have a lot of food in my house." ~A participating student
- "This is an excellent program in our community where there are many living at the poverty level. Thanks for putting in the time and effort to make Backpack a reality." ~A teacher
- Most students share their food with family members, indicating how important this program is to the entire household.
- Many parents and students indicated that the fresh fruits and vegetables sent home were the kids' favorite items.

How You Can Help

- The Backpack program is funded entirely by local donations.
- 100% of donations go towards running the Backpack program.
- The average cost of one backpack full of food is \$5.56.
- The cost to sponsor a child for a full school year is \$167.00.
- When sending in a donation, be sure to indicate that you'd like the funds to be directed to the "BackPack Program".

Yes, I will support the Regional Food Bank's Backpack program and help provide a hungry child with nutritious meals during weekends.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Amount: _____ ☐ Check ☐ Visa ☐ American Express ☐ Mastercard

Number _____ Billing Zip Code _____ Expiration Date _____



Alleviating hunger ... together.

PLEASE MAIL TO: Regional Food Bank of NENY
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