



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 at times when other resources are not available, especially on weekends. 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 Food Bank started the BackPack program in 2007 with one partner school. Since then, the program has expanded to 42 schools throughout 14 counties, serving over 1,000 children each week.
- More than 21,826 BackPacks were distributed during the 2012-13 school year.
- Program growth will continue into the 2013-14 school year, with at least 5 schools starting BackPack programs in the fall of 2013.

BackPack Menu

Each bag includes...

- 2 breakfast items (cereal, oatmeal packets, graham crackers, granola bars)
- 3 entrées (mac & cheese, PB & J, Spaghetios, tuna, soup)
- A loaf of bread
- Stewart's milk card for a gallon of milk (distributed every other week)
- 2 juice boxes (100% juice when possible)
- Fresh fruits
- Fresh vegetables
- 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

- "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
- According to teachers, students who receive the backpacks show increased attention and ability to focus during the school day.
- 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
965 Albany-Shaker Road
Latham, New York 12110