

Food Drive to support the BackPack Program™!

Many children who receive free or reduced priced school meals are left without adequate nutrition on the weekends and holiday breaks. The Food Bank of the Southern Tier's BackPack Program™ attempts to fill this gap by providing healthy, kid-friendly, and easy to prepare foods to children at risk of hunger by discreetly distributing a bag of food every Friday.

You Can Help!



Items in the packs must be:

- Kid Friendly
- Individually packaged, or small and light enough to carry (no glass jars please)
- Shelf Stable
- Easy to prepare—even without a stove, or in some cases a can opener
- Nutritious



What items do we need?

FRUITS and VEGETABLES

- 100% Juice Boxes
- Applesauce cups
- Small boxes of raisins
- Fruit cups
- Small cans of vegetables with “pop-top” lids

GRAINS

- Individual servings of cereal
- Instant oatmeal packets
- Granola bars
- Crackers and cheese

PROTEINS

- Peanut butter
- Tuna or canned chicken
- Soups with meat or beans (especially with a “pop-top” lid or microwavable)
- Chef Boy-R-D Meals
- Mac and Cheese in microwavable packets

DAIRY

- Pudding cups (individual servings)