

You Can Help! Give generously.

100% of monetary donations go directly to procuring, packing, and distributing bags.
Hosting a food drive? Collect these items:

Fruits & Vegetables

- Small cans of vegetables with “pop-top” lids
- Small boxes of raisins
- Applesauce cups • Fruit cups

Grains

- Individual servings of cereal
- Instant oatmeal packets
- Granola bars
- Pasta – microwaveable servings

Protein

- Peanut butter • Tuna or canned chicken
- Soups with meat or beans
(with a “pop-top” lid or microwavable)
- Mac and Cheese in microwavable packets

Please choose items that are:

- Nutritious • Kid Friendly • Shelf Stable
- Individually packaged or small enough to carry
- Easy to prepare - even without a stove, or can opener
- **Please – NO glass jars**



Questions? Email us:
BackPack@foodlinkny.org

BackPack Program

A Program of
**FEEDING
AMERICA**



Your Logo Here

Be a Corporate Sponsor!

What is the Backpack Program?

Many children in our community are food insecure. Without school food on weekends and school holidays, they are at risk of chronic hunger.

Hunger can lead to:

- Difficulty concentrating
- Reduced speed on tests
- Lower Math and English scores
- Difficulty interacting with peers
- Lower rates of graduation

The Backpack Program™ is a project of Foodlink which attempts to fill this gap by providing children who experience hunger with a bag of nutritious food on weekends and school holidays.

You can help! Flip the page to find out how...

Participating School Districts

South Seneca / North Rose-Wolcott / Sodus / Geneva
Penn Yan / Dundee / Romulus / Rochester