



YES! I Want To Help Pack A Back Pack!

The Regional Food Bank's BackPack Program
helps alleviate child hunger by providing hungry children with
nutritious and easy-to-prepare food
at times when other resources are not available,
such as on weekends.

The program provides kids with food that is
child-friendly, shelf stable, and easy to prepare.

You Can Help by Collecting BackPack Food!
Each site serves 30 children, so please try to collect
at least 30 of the items you select

Juice Boxes

Cereal Bars or Boxes of Single-Serve Cereal
Shelf-Stable Milk Boxes (White or Chocolate)

Beef Stew, Ravioli, Chili, or other Entrees

Boxed Macaroni and Cheese

Canned Fruit

Canned Vegetables

Single-Serve Crackers or Cookies

~ Financial donations are also welcome ~

Regional Food Bank of Northeastern New York

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www.regionalfoodbank.net