

SOUL FOOD BACKPACK PROGRAM

Every Friday, the Field backpack program provides backpacks full of nutritious, kid-friendly food to children who might need additional food over the weekend. Our program currently serves 17 children at Field. These children are very excited to receive the backpacks and are enthusiastic in their appreciation. If you have donated to the backpack program, we thank you for your generosity!

We still need your help to continue the program. We are asking for child-friendly, single-serving, easily opened and prepared food donations. Each week the program needs:

- 18 oz jars of peanut butter**
- stew/soup/canned pasta in pop top cans or microwaveable packages**
- reduced fat shelf stable milk (white and chocolate) such as Horizon individual milk cartons**
- fruit cups**
- granola bars and breakfast bars**
- single serving tuna or chicken (especially those that include crackers and mayo packs)**
- microwaveable macaroni and cheese or other entree such as Ronzoni Bistro bags and Hormel Compleats**
- individual snack crackers or cookies**
- packets of dried soup**
- individual packages of nuts, sunflower seeds or beef jerky**
- individual oatmeal packets**
- pudding cups**

We ask for individual sized items because many of the children must carry the backpacks themselves. Large boxes or cans may be too cumbersome or heavy for the smaller children to carry.

We also need hygiene items to send home every few months:

- individually wrapped toothbrushes**
- toothpaste**
- individually wrapped bars of soap**
- small bottles of shampoo**
- combs or brushes**

All donations may be dropped off in the Soul Food donation container just behind the office.

If you would like to support this program but do not have the opportunity to shop each week, we welcome monetary donations. Our goal is to ensure each child goes home with a well-balanced backpack of food. Most weeks we need to buy additional food to

supplement what has been donated. In addition, each week we hope to purchase perishable items like fresh fruit and milk. Because of this, monetary donations of any amount are always appreciated. You can help support a child for an entire weekend for only \$10. *If you would like to provide a donation, please make checks payable to Eugene Field PTA with a notation that the funds are for the Soul Food Backpack Program.*

If you have any questions, please contact Mary Jane Holmes at 425-4000 or Paige Rankin at 883-8001.

Thank you for all of the generous donations. Without your help this program would not be possible.