

# BackPack Program

## Most Needed Items

(POP TOP ITEMS or MICROWAVE CUPS PREFERRED)  
NO GLASS



### Grains:

Graham and/or Animal Crackers  
Light Popcorn  
Whole Grain Cereal/Granola Bars  
Individual Cereal Boxes



### Protein:

Spaghetti & Meatballs  
Ravioli  
Beefaroni  
Lasagna



### Fruit:

Canned Fruit/Fruit Cups in light syrup  
Dried Fruit: Raisins, Plums, Cranberries  
Applesauce



### Miscellaneous:

Fat-Free Sugar Free Pudding Cups  
100% Juice



**FOOD  
BANK**



OF CENTRAL  
& EASTERN  
NORTH  
CAROLINA

The BackPack program is designed to help meet the nutritional needs of children at risk of hunger during non-school hours, specifically weekends and holidays. This program targets those children who participate in federal child nutrition food programs during the school days, but who do not have access to such programs on weekends and holidays. Through this program, participating kids will be given special backpacks once each week that will be filled with non-perishable food which can be used to meet their weekend nutritional needs. In addition, the backpacks will periodically include educational material for the parents of participating children. This material will focus on the importance of nutrition, will provide healthy eating tips, will promote healthy living and will stress the importance of active lifestyles.