



# BackPack Weekend Food Program

The BWFP provides children in need with a plastic bag of nonperishable, individually-portioned, nutritionally-balanced food to take home in their backpacks on the weekend when school meals are not available. Those students most likely to be hungry on the weekend are identified by school counselors, social workers, teachers, school nurses, and principals. Permission to participate in the program must be given by the child's parent or guardian and any allergies are identified.

## BWFP Sample Menu

**Breakfast:** Shelf-stable 2% milk, cereal, fruit cup

**Lunch:** Juice, Macaroni and cheese, vegetables, cookies

**Dinner:** Chicken and rice pasta, vegetables, fruit cup

**Snacks:** Peanuts, raisins, peanut butter crackers

**\$298**

1 Child  
1 School Year of weekend meals

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**How do you want to support BWFP? Choose 1 or more options below. Turn in to AJ Main or Jessica Cagle**

**Name** \_\_\_\_\_ **Email** \_\_\_\_\_

**Phone** \_\_\_\_\_

- 1. Sponsor commits to \_\_\_\_\_ number of kids (\$298 per kid per school year)
- 2. Sponsor picks up one month's worth of non-perishable food at Holy Trinity in Gastonia (once a month)
- 3. Sponsor willing to participate in packing event monthly to pack the bags.
- 4. Sponsor delivers food to assigned school once a week.

For questions about BWFP contact AJ Main: [aj@spbchurch.org](mailto:aj@spbchurch.org)