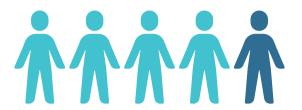
## Backpack Buddies





1 in 5 South Carolina students go to school hungry.

These same students would be hungry on the weekend without the help of Backpack Buddies.

## **Getting Started**

- Work with the school guidance counselor or social worker. They will determine the number of food bags needed at the school.
- Consider partnering with other churches in your community if there is a great need. Each participating church could choose one week each month to provide food bags.
- Determine how you will meet the need. You have three options:
  - 1) Partner with your local food bank to purchase pre-packaged bags of food.
  - 2) Purchase food and package each week.
  - 3) Supplement your purchased food with planned monthly collections from the church.
- Plan on shopping in bulk and putting food in gallon Zip-lock bags. Involve church ministry groups in packing the bags.
- Pray over the bags and deliver them to the school so that they can be discreetly put in students' backpacks.
- Minister to the families receiving the bags at Thanksgiving or Christmas. To learn more about what churches are doing, contact angelamcneal@scbaptist.org.

## What to Include

Each bag typically includes 12 - 14 items that could be eaten for breakfast, lunch, and dinner. Snacks are also included.

<u>Breakfast</u>: Individual packages of oatmeal, grits, muffins or cereal; shelf stable milk.

Lunch & Dinner: Individual pasta (Ravioli and Spaghetti O's); individually packaged cans of vegetables (green beans, carrots, peas) and fruits (applesauce, peaches, fruit cocktail); individually packaged pasta dinners with sauce; macaroni and cheese; Vienna Sausages; canned meats; soups, Pork & Beans.

<u>Snack Items</u>: Fruit roll up/fruit snacks; crackers; granola bars/cereal bars; dried fruit (raisins); beef jerky/sticks; individual juice boxes.

## Cost

Harvest Hope Food Bank provides bags with 5 meals for \$6.

Churches who purchase food spend between \$5 - 8 per bag.

The cost can be much lower with monthly food donations from church members.