

## *Freedom and Liberty*

### BACKPACK PROGRAM

9-month program

Sponsor on average 50 packs a week, (number is subject to change depending on the need)

Currently \$5.00 a bag This would be \$20. 00 per child each month.

2 breakfast items (Cereal box, oatmeal, Pop-Tarts, grits, Nutri-Grain bars, etc.)

3 snacks (cookie pack, chips, Nabs, popcorn, Rice Krispy Treats, etc.)

1 veggie (pop top plastic containers of green beans, corn, carrots, and instant potatoes,)

1 fruit (applesauce, peaches, pears, tropical mix, etc.)

2 main meal (ramen noodles, Chef Boyardee (pop top), Beane Weenees, Vienna sausages, etc.)

\$5 a bag/ \$250.00 a week/ \$1000.00 a month based on 50 bags at \$5.00 bag

We do send home extra food on long weekends and holidays.

Permission letters and children's allergies will be taken care of by school staff

We have children/students at Pilot Middle School who love the backpack program and use the food given to them each week. However, this program is supposed to be supplemental to what they have at home. If a family has additional needs for food, then we would refer them to the local food bank (Pilot Mountain Outreach).

Thank you for your consideration in this matter!  
Together we can make a difference.

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### Suggested Food List

Fruit - (1 per week) Peel top. If ordered through Wal-Mart, there are 24 cups per box of fruit.

- Pears
- Peaches
- Mixed
- Mangos
- Applesauce
- Oranges

Veggies - (1 per week) We buy the plastic 4 pack with peel top lids. They only place that has this is Wal-Mart. Cans are fine as long as they have the pop top.

- Instant potato packs (add water only) (12 per box)
- Corn
- Green Beans
- Carrots
- Peas

Snacks (3 per week (at least 1 salty and 1 sweet). The numbers are based off Sam's products. Please know that this list is just an idea there are numerous snack items.

- Keebler Cookies (36 Per box)
- White Cheddar Popcorn (50per box)
- Gardetto's Snack Mix (36per box)
- Wise Chips (50)
- Pudding (36)
- Bugles (30)
- Rice Krispy Treats (40)
- Nabs (40)
- Cracker Jacks (48)
- Pringles (36)
- popcorn (28)
- moon pies
- Doritos
- Cheez Its (45)

Meal (2 per week)

- Chef Boyardee
- Vienna Sausages
- Easy mac
- Soup
- Beanie Weenees
- Ramen Noodles

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### Breakfast (2 per week)

- Oatmeal Squares
- Special K
- Nutri-Grain bars
- Muffin Packs
- Cereal (individual small boxes)
- Granola Bars
- Nature Valley bars
- Oatmeal packs
- Pop-Tarts

For Christmas and Easter Break additional food is sent including but not limited to the following:

- 1 family size box of cereal
- 1 family size mac and cheese
- 1 box of spaghetti. And sauce
- Instant potatoes
- 1 box of Little Debbie snack cakes
- 1 pack of cookies
- 1 container of Peanut Butter or Velveeta cheese block
- 1 sleeve of crackers
- 1 large container of can chicken or spam
- Popcorn

Along with the regular week of food that is sent.