



FOOD BANK: BACKPACK PROGRAM

Food4Kids

Single Serve Items to donate

Small jars of peanut butter

Tuna packets

Saltine crackers

Small bag of nuts

Small cans of fruit

Small bag of dried fruit

Small bags of fruit and yogurt snack

Single serving package of cheese or peanut butter crackers

Protein bars

100% juice boxes

Shelf milk (8oz) (plain, vanilla, chocolate or strawberry)

Beef jerky

Pudding cups

Nutigrain bars

Small boxes of raisins

Individual bags of chips or pretzels



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Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's

TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.
For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State). This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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FUEL THE FUN!

Keep kids fueled, happy and healthy by donating non-perishable items and single serve items. Each donation can help a kid in need ward off hunger and keep their bellies full to keep growing and developing to their best potential. The food bank needs help to continue to fill the backpacks of every boy and girl and keep fueling the fun.

HOW TO KEEP THE KIDS FUELED PROPERLY

The body needs 5 main sources of energy sources to keep by body functioning and hunger at bay. If you've ever heard of MyPlate, it is a great guide in building a proper diet. Foods that can be donated to help a family or child meet their MyPlate requirements are listed below.

Whole Grains: *"Grains help our brains"*

-Dried beans, rice, quinoa, bread, tortillas and legumes.

Vegetables: *"Help keep our bodies healthy and heal cuts and bruises"*

-Canned veggies and canned beans

Fruit: *"Help our hair, skin, teeth, eyes and nails stay healthy"*

-canned fruits, dried fruits and 100% single serve fruit juices

Dairy: *"Help our bones stay strong"*

-8oz Dry shelf milk (vanilla, chocolate and strawberry)

Protein: *"Help our muscles stay strong"*

-canned beans, canned tuna, chicken and salmon, beef jerky, dried beans and legumes and peanut butter

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