ATTENTION 3RD GRADERS!

IT IS YOUR MONTH FOR BACKPACK BUDDIES DONATIONS!

Because hunger doesn’t take the weekend off….  
Some children in our area only get a full meal when they are in school. You can help!

At the end of some school weeks during the academic year, food is provided to children currently enrolled in [Howard County’s Head Start](http://www.cac-hc.org/CAC/CAC_headstart.htm) program.  Approximately 250 of the children participating in the program are at or below the poverty line (defined as $23,000 or less annual income, as of September 2013) and, consequently, are considered “food insecure.” Although provided meals during their school day, these children often experience food insecurity and are not adequately fed throughout the weekends.  With the help of this program, Backpack Buddies, the children are given bags of food that provide them and their families with some nutritional sustenance for the weekend.

***YOU CAN HELP*** …… DONATIONS DUE BY TUESDAY, February 18th

By making a donation from the food list during your child’s ***assigned month***. The month of November is assigned to 3rd grade. Please see the list below for suggested donations by homeroom however ANY donation is welcome and appreciated. There will be a bin in your child’s pod area labeled Backpack Buddies.

**FISCHER** – Breakfast Items (Cereal, pancake mix, syrup, juice, granola bars, fruit

and Cereal bars, jelly/jam)

**BENEDICT** – Lunch Items (Canned Tuna, chicken, fish, Soups, Canned pasta meals, ketchup, mustard, mayonnaise)

**PRYSESKI & GEORGE** – Dinner Items (Hamburger/Tuna Helper, Pasta and pasta sauce, canned chili/beef stew)

**CISON**– Snack Items (Fruit Cups/Applesauce, microwave popcorn, Jell0, non-refrigerated pudding cups, crackers, goldfish)

**HTWAR**– Side Dish Items (Rice, side dish and meal kits, shelf stable milk, soups, cookies, canned pasta meals)

**ALL FOOD SHOULD BE NON-PERISHABLE AND NUT FREE**

The following is a list of items needed at the Head Start Program:

-Tuna, chicken, fish (canned) -Jello/non refrigerated pudding cups -Tortilla

-Canned Chili/Beef Stew -Juice/Juice Boxes -Jelly/Jam

-Side dishes and meal kits -Cereal (hot and cold) -Rice

-Pancake mix/Syrup -Granola, fruit bars, yogurt cereal bars -Canned Fruit

-Fruit Cups/Applesauce -Pasta/Pasta Sauce -Canned Vegetables

-Microwave meals (non refrig) -Mini microwave popcorn - Soups-can, Ramen

-Hamburger/Tuna Helper -Crackers, cookies, goldfish -Canned pasta meals

-Ketchup, mayonnaise, mustard -Shelf stable milk (rice, soy, Parmalat)

This food will be gathered and delivered to the Head Start Program. Thank you in advance for your help in this worthwhile project for our community. Donations of reusable grocery bags are also greatly appreciated.

**Questions? Want to help? Please contact:**

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