

BackpackBuddyClub

Program Overview

Many children who rely on free or reduced-priced lunches during the school year go home to meager or no meals on weekends. The Houston Food Bank's Backpack Buddy Club works to fill that gap.

- On Fridays, at participating schools, children take home child-friendly, nonperishable, easily consumed and vitamin-fortified food.
- The food is given to the children discreetly, to avoid inviting unwanted attention.

How to get involved

- Make a donation to the Backpack Buddy Club through the Houston Food Bank. Gifts of any amount are welcome.
- Donate healthy, nonperishable child-friendly food.

Most Needed Items for Backpack Buddy Club:

Protein:

Meat stews with vegetables
Canned chicken or tuna
Peanut butter
Canned beans

Fruits & Vegetables:

Fruit cups packed in 100% juice
100% fruit juice
Canned vegetables

Grains:

Cereal (single-serving)
Macaroni and cheese (low fat or regular)
Canned pasta meals (such as Chef Boyardee)

Healthy Snacks:

Yogurt cereal bars
Fruit filled cereal bars
Granola bars
Low fat crackers
Low fat/low sugar cookies

Dairy:

Shelf-stable milk (plain or chocolate)

BY THE NUMBERS

Fiscal year '07-'08 Backpack Buddy Club served **7,273 unduplicated children** and distributed **20,070 food sacks**.

Contact

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