



Please consider donating to the Backpack Program by picking up one of these inexpensive food items during your next shopping trip.

Food items that are **GREAT** for the Backpack Program:

- Macaroni and Cheese or Easy Mac
- Pudding Cups (unrefrigerated)
- Microwave Meals (unrefrigerated)
- Pop top can meals such as Chef Bollardi
- Fruit Cups (unrefrigerated)
- Peanut Butter (plastic container)
- Jelly (plastic container)
- Apple Sauce (plastic container)
- Oatmeal or Grits (sold in packet form)
- Cereal - boxed
- Granola/Fruit Bars
- Any easy to open cans of soup or fruit.
- Tuna or canned chicken
- Gummy Snacks (individually wrapped)

Food items that are **NOT** great for the Backpacks:

Candy ● Anything in a glass container

The goal of the program is provide children who are hungry with nutritional meals over the weekend. The food you donate will be packed into a backpack and given to children at school each Friday during the school year. Money donated will be used to purchase food.

If you have questions about the program, or you're interested in getting involved, please contact me!

Also consider donating \$120 to sponsor a child in need to receive a backpack every Friday throughout the school year! All donations can be made payable to 'Catawba County DSS Backpack Program' and mailed to PO BOX 669 Newton, NC 28658

Amanda Freeland

Backpack Program Coordinator
Catawba County Social Services
Direct Phone Number: (828) 695-5648
afreeland@catawbacountync.gov



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