

Guidelines

- ✓ Food should be **easily accessed by children.**
- ✓ No canned items except for easy open ones.
- ✓ Nothing that requires an oven to prepare; microwaveable is ok.
- ✓ Food should be **non-perishable** & have a **long expiration date.**
- ✓ Items should be **individually packaged portions.**
- ✓ **No glass jars**, homemade goods, or expired food items.



Suggested Foods

- Sunny D Juice 11.3 oz.
- Fruit Cup 4 oz.
- Apple Sauce 4 oz.
- Pudding (x2) 3.5 oz.
- Oatmeal Bar 1 oz.
- Cheese Crackers 1.38 oz.
- Fruit Snacks 0.9 oz.
- Granola Bars (x2) 0.84 oz.
- Raisins (individual boxes)
- Trail Mix 2 oz.
- Animal Cookies 2.0 oz.
- Beef Stick 1.125 oz.
- Cereal (individual boxes)
- Peanut Butter 18 oz.
- Dinty Moore Big Bowl
- Hormel Kid's Kitchen
- Tropicana Orange Juice
- Popcorn
- Pop Tarts
- Juice Boxes
- Hot Chocolate Packets
- Macaroni & Cheese
- Vienna Sausage



Backpacks For Kids

"Whatever you do to the least of these, my brothers and sisters, you do unto me."
- Jesus

Contact:

Rev. Jet Throckmorton



jethrock@msn.com



956.245.0540

A ministry of



**First
Methodist
Church**

Harlingen, TX

About the Backpacks For Kids Program

The reality for some children in Harlingen is that they face a long weekend with little or nothing to eat.

This ministry runs **throughout the school year**. It discreetly provides nutritious, child-friendly, easy-to-prepare food for hungry children to take home over the weekend.



The Backpacks for Kids ministry is currently in place at 9 schools for the children at Bowie, Stuart Place, Travis, Crockett, Lamar, Wilson, Zavala, Lee Means, & Ben Milam Elementary Schools. This project began in the Fall of 2011 by First Methodist Church Harlingen & now serves as many as **225** children per week.



How It Works

Once a child is in the program he/she will receive a backpack full of food each Friday to last throughout the weekend.

The child then returns the backpack on Monday so it can be reused for next weekend's food.



How Can I Help?



Donate food items weekly or monthly. Peanut butter (**18 oz**) & Vienna Sausage cans are most needed.

Donate money to purchase food items (Please designate "Backpacks For Kids")



Pick up food items from Sam's & bring to the church.

Come work with our team to clean & fill backpacks each Wednesday morning during the school year.



Volunteer to deliver &/or pick up backpacks from one of our schools each week.