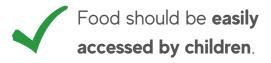
Guidelines



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



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

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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 <u>discreetly</u> 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.