



The Regional Food Bank of Northeastern New York's

BackPack Program

At Ichabod Crane Elementary and Middle schools

"When local kids go hungry, we have their backs."

About the Backpack Program

The Backpack Program is designed to meet the needs of hungry children on weekends, when other resources are not available. The program provides backpacks filled with food that is child-friendly, shelf-stable, and easily-consumed. Bags are packed each week by school staff and discreetly distributed to participating children every Friday afternoon.

BackPack Facts

- The Backpack program partners with 130 schools in 20 counties, serving over 3,500 students each week.
- Ichabod Crane's Elementary and Middle school Backpack program provides bags to 27 children each week during the school year. Throughout 2015-16, 873 bags were distributed. This is the equivalent of 5,238 meals handed directly to the most at-risk students.
- Over 11,000 pounds of food went home with IC elementary and middle school students, including 827 pounds of fresh produce.

BackPack Menu

Each bag includes...

- 2 breakfast items (cereal, oatmeal packets, graham crackers, granola bars)
- 3 entrées (mac & cheese, PB & J, Spaghetti Os, tuna, soup), etc.
- A loaf of bread
- Milk card for a gallon of milk (distributed every other week)
- 2 juice boxes (100% juice when possible)
- Fresh fruits
- Canned vegetables (distributed once a month)
- 2 snacks (cookies, popcorn, pudding, etc.)

Regional Food Bank of NENY · 965 Albany-Shaker Rd, Latham, NY 12110
www.regionalfoodbank.net · (518)786-3691

What They're Saying about Backpack

- **BackPack has been shown to help improve attendance and academic performance and reduce disciplinary actions in participating students.**
- "It is a great help when it is so costly in the store. It gives me peace of mind. I know my kids look forward to it and enjoy it." ~A parent of a participating student
- "It helps fill in meals and it's great to know the school is there to help in other ways than just academics!" ~A parent of a participating student.
- "I like getting food from the BackPack because I don't have a lot of food in my house." ~A participating student
- "This is an excellent program in our community where there are many living at the poverty level. Thanks for putting in the time and effort to make BackPack a reality." ~A teacher
- Most students share their food with family members, indicating how important this program is to the entire household.
- Many parents and students indicated that the fresh fruits and vegetables sent home were the kids' favorite items.

How You Can Help

- The BackPack program is funded entirely by local donations.
- 100% of donations go towards running Ichabod Crane's elementary and middle school's BackPack program.
- The average cost of one backpack full of food is \$6.10
- The cost to sponsor a child for a full school year is \$183.00.
- When sending in a donation, be sure to indicate that you'd like the funds to be directed to the "Ichabod Crane Elem/Midd BackPack Program".

Yes, I will support the Regional Food Bank's BackPack program at Ichabod Crane elementary and middle schools to help provide a hungry child with nutritious meals during weekends.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Amount: _____ Check Visa American Express Mastercard

Number _____ Billing Zip Code _____ Expiration Date _____



Alleviating hunger ... together.

PLEASE MAIL TO: Regional Food Bank of NENY
965 Albany-Shaker Road
Latham, New York 12110