

# The BackPack Program at Ichabod Crane



**Regional  
Food Bank**  
OF NORTHEASTERN NEW YORK

## PROGRAM GOALS AND MISSION

The BackPack Program is designed to meet the needs of hungry children on weekends when school breakfasts and lunches aren't available. The program provides bags filled with food that is child-friendly, nonperishable and easily-consumed. Bags are packed each week by school staff and discreetly distributed to participating children every Friday afternoon.

## PROGRAM IMPACT

- The BackPack program partners with 220 schools across 20 counties.
- Over 186,000 bags were distributed during the 2017-18 school year, the equivalent of 1.1 million meals.
- Over 125,000 pounds of fresh produce was distributed to BackPack students throughout 2017-18.
- Research has shown the BackPack Program helps improve attendance and academic performance and reduce disciplinary actions for participating students.
- BackPack food is typically shared with the family, which enables the program to meet the nutritional need of the entire household.
- Kids love the fresh fruit because many of them have limited opportunities to enjoy such fresh food.
- Students return to school each Monday with more energy and more focus to allow them to be ready to learn.
- Helps participating children learn, thrive and grow.

## ICHABOD CRANE'S BACKPACK

- During the 2018-19 school year, Ichabod Crane's BackPack program distributed 900 bags. The bags included:
  - 12,191 pounds of food
  - 469 pounds of fresh produce
  - The equivalent of 5,400 meals
  - Each bag weighed an average of 12 pounds

## ABOUT THE MEALS

Each week, participating students receive:

- 2 breakfast items (cereal, oatmeal packets, graham crackers, granola bars)
- 3 entrees (mac & cheese, PB & J, Spaghetti Os, tuna, soup), etc.
- Loaf of bread or shelf-stable grain option
- Fruit (fresh whenever possible)
- 2 snacks (cookies, popcorn, pudding)
- Milk card for a gallon of milk (every other week)
- Egg card for a dozen eggs (every other week )
- Canned vegetables (once a month)

## HOW ICHABOD CRANE BACKPACK HELPS

- "It helps with extra food between paychecks when we are low on food."  
~A parent
- "This is a lifeline for many families."  
~A teacher
- "I am a single mom of two and work a lot of hours and do not qualify for food stamps, every little bit helps."  
~A parent
- "Students in my classroom have anxiety about weekends and I think this program helps to alleviate some of that stress because they know they will have food to eat." ~A teacher

Why I Like The Backpack Club!

I like the backpack club because there is good foods healthy foods, and something new every week. It helps Mom not have to worry about food.

## PARTNERING WITH THE FOOD BANK FOR ICHABOD CRANE BACKPACK

The Food Bank partners with Ichabod Crane Primary school to distribute bags to needy students. The Food Bank draws from its large inventory to provide nourishing foods at a low cost, creates weekly menus for each school and provides administrative structure and support for the program. Staff from Ichabod Crane Primary pack and distribute the bags to students, and coordinate efforts to support the program financially.

Local businesses, community and religious organizations, Ichabod Crane alumni and individuals financially sustain the program. Funds earmarked for Ichabod Crane's BackPack program are used exclusively for that program.

## HOW YOU CAN HELP ICHABOD CRANE'S BACKPACK

**\$183** Cost to support 1 child for an entire school year

**\$2,750** Cost to support 15 children for an entire school year

**\$5,500** Cost per year to serve 30 students

**Yes, I will support Ichabod Crane Primary's BackPack Program and help provide a hungry child with nutritious meals during the weekend.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Amount:** \_\_\_\_\_  **Check**  **Visa**  **American Express**  **Mastercard**

**Number:** \_\_\_\_\_ **Billing Zip Code:** \_\_\_\_\_

**Exp. Date:** \_\_\_\_\_

