

# The BackPack Program at Ichabod Crane Middle School

***"I like the BackPack Club because there is good food, healthy food, and something new every week. It helps Mom not have to worry about food."***

*-BackPack Program Participant*

## Program Description:

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, non-perishable and easily consumed. Bags are packed each week by school staff and discreetly distributed to participating children every Friday afternoon.

## Program at a Glance:

- Provides food that is easy for children to recognize and easy to prepare
- Operates for at least 30 weeks during the academic year
- Serves the children most in need as determined by school staff who know them best
- Is flexible in design based on each school's capacities and limitations
- Is supported by local organizations and generous community members
- BackPack food is typically shared with the family, which helps meet the nutritional needs of the entire household
- Helps participating children learn, thrive, and grow



## 2021-22 BackPack Program statistics



**708  
BackPacks  
provided**



**7,651  
meals  
distributed**



**163  
pounds of  
fresh produce  
provided**



**24  
students  
served**



**An average bag  
weighs 12.9 lbs,  
containing food  
for 12 meals**

**Contact: Betsy Dickson at (518) 786-3691 x233  
965 Albany-Shaker Road, Latham, NY 12110  
[regionalfoodbank.net](http://regionalfoodbank.net)**

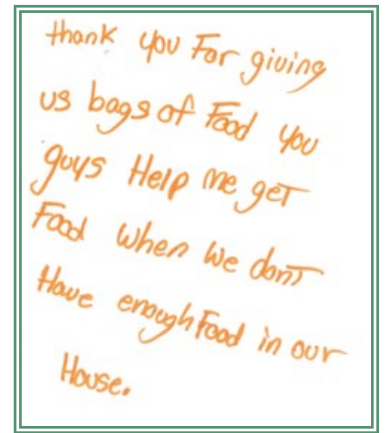


**Regional  
Food Bank**  
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## About the Meals:

Each week, participating students receive bags filled with nonperishable food as well as fresh bread and produce. A typical bag includes:

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



**Fast Fact:** Research has shown that a student's participation in the Backpack Program helps improve attendance and academic performance while reducing disciplinary actions.

## Partnering with the Food Bank for the Ichabod Crane Middle School Backpack Program:

The Food Bank partners with Ichabod Crane Middle School to help provide nourishing meals to its students most in need.

The Food Bank creates weekly menus for Ichabod Crane Middle School and provides administrative structure and support for the Program. Menus are drawn from the Food Bank's large inventory to provide diverse foods at low cost.

Ichabod Crane Middle School partners with the Food Bank to pick up the food, pack the bags, distribute bags to students, and locally support the Program.

Partner schools work with businesses, individuals, and community and religious organizations to financially sustain the Program.

**\$228 supports one child for a year**  
**\$3,420 supports 15 students for a year**  
**\$6,840 supports 30 students for a year**

Yes, I will support Ichabod Crane Middle School's Backpack Program and help provide a hungry child with nutritious meals during the weekend.

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

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

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

Amount: \_\_\_\_\_  Check  Credit Card

Card Number: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVC: \_\_\_\_\_

Donate online at [regionalfoodbank.net](http://regionalfoodbank.net), select "Children's Programs", and put BP Ichabod Crane (Middle) in the "Partner Agency Name" section



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