



## 2010 & 2011 WEEKEND BACK PACK PROGRAM

currently assisting 98 children weekly in 3 local schools – our budget is \$15.00 per child per weekend

*remember, items must be non-perishable, carry well in a back pack & no nuts*

If budget allows, we try to send home Fri snack & dinner/S & S breakfast, lunch, dinner,snack/Mon breakfast

Here are examples of items, be creative

### BREAKFAST

- individual boxes of cereal
- Poptarts
- Instant Oatmeal

LUNCH/DINNER - *items that the children can microwave or make themselves*

- Ez Mac & Cheese
- ABC/123 Pasta
- Spag/Meatball
- Beef Ravioli
- plastic container of Jelly
- plastic jar of Peanut Butter

### SNACKS

- individual applesauce
- individual fruit cups
- individual boxes of raisins
- Cheese & Crackers
- Crackers
- Granola Bars – no nuts

### JUICE

- Juice Boxes
- Capri-Sun

OAM Weekend Back Pack Program assist children in Antioch, Lake Villa and Lindenhurst who are what is today phrased as *food insecure*. The children are from families of limited resources and/or live with parents who might be disabled.

***Thank you for your support of our neighborhood children,  
the volunteers of Open Arms***