



FOOD BANK OF THE SOUTHERN TIER

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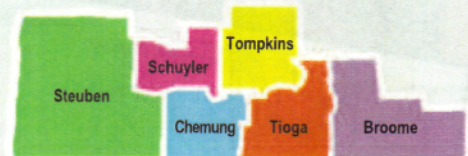
A Regional Agency of

Catholic Charities

A Member of

FEEDING AMERICA

Proudly serving Broome, Chemung, Schuyler, Steuben, Tioga, and Tompkins counties for over 25 years.



The **BackPack Program™** provides children who are at risk of hunger with a bag of nutritious, easy to prepare food each Friday during the school year. This program fills the gap left when children do not have access to the National School Lunch Program on weekends and breaks. Packs are distributed discreetly through participating schools to ensure confidentiality.

Started as a pilot program with 3 sites in October 2005, the Food Bank of the Southern Tier's BackPack Program™ has expanded into 19 sites throughout our six county service area. The BackPack Program™ requires very specific, kid-friendly, nutritious foods that need to be individually packaged, small and light enough to carry, shelf stable and easy to prepare, even without a stove (or in some cases a can opener). Each pack contains at least 8 items: 2 proteins, 2 grains, 2 dairy, and 2 fruits or vegetables.

**During the 2008-2009 school year, 1,233 children received packs each week.
43,959 packs were distributed.**

Outlook for the 2009-2010 School Year

- Serve 19 school districts in Broome, Chemung, Schuyler, Steuben, Tioga, and Tompkins counties.
- Partnership with CHOW will provide additional volunteer repack opportunities and warehouse space for Broome County sites.
- 1,250 children will be served each week, providing over 50,000 packs for the year.

How You Can Help

- Volunteer to help repack donated items into individual packs for distribution.
- Donate money to help sustain the BackPack Program™, or help expand the program to reach more children.
- Host a food drive with your group to collect items from our BackPack Wish List.

For more information on the BackPack Program™, please contact:

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BackPack Program™

Drawings below were created by some of the students who received the Backpack Program™ during the 2008-2009 school year.

