

## BackpackBuddyClub

### Program Overview

Many children who rely on free or reduced-priced lunches during the school year go home to meager or no meals on weekends. The Houston Food Bank's Backpack Buddy Club works to fill that gap.

- On Fridays, at participating schools and other locations, children take home child-friendly, nonperishable, easily consumed and vitamin-fortified food.
- The food is given to the children discreetly, to avoid inviting unwanted attention.

### How to get involved

- Make a donation to the Backpack Buddy Club through the Houston Food Bank. Gifts of any amount are welcome.
- Donate healthy, nonperishable child-friendly food.

### Most Needed Items for Backpack Buddy Club:

#### Protein:

Meat stews with vegetables  
Canned chicken or tuna  
Peanut butter  
Canned beans

#### Fruits & Vegetables:

Fruit cups packed in 100% juice  
100% fruit juice  
Canned vegetables

#### Grains:

Boxed grains, including cereal (12 - 16 oz.)  
Macaroni and cheese (low fat or regular)  
Canned pasta meals (such as Chef Boyardee)

#### Healthy Snacks:

Yogurt cereal bars  
Fruit filled cereal bars  
Granola bars  
Low fat crackers  
Low fat/low sugar cookies

#### Dairy:

Shelf-stable milk (plain or chocolate)

#### Contact

Lizbel Guzman  
Backpack Buddy Coordinator  
832-369-9205  
lguzman@houstonfoodbank.org

### By the Numbers

Fiscal year '09-'10 Backpack Buddy Club distributed more than **77,000 backpacks** at more than **180** area schools.