

GREENCASTLE ELEMENATARY SCHOOL - FOOD IN BACKPACKS PROGRAM

General Information:

- ❖ CRCC has committed to providing GCES *at least* 25 food bags per month
- ❖ **Please only donate complete kits**, containing a variety of foods as outlined in the table below
- ❖ To promote healthy eating habits, **please only donate nutritious foods**
 - *Organic and/or whole grain options*
 - *Fruit packed in natural juice*
 - *Canned meats packed in water*

<p>Option 1</p> <ul style="list-style-type: none"> • Can of black beans • Small box of seasoned rice • Can of tomato sauce • Box of pasta • 4-6 granola bars • 4-6 small applesauce cups • Can of green beans 	<p>Option 2</p> <ul style="list-style-type: none"> • Small bag of dried lentils • Small bag/box of rice • Can of tomato sauce • Box of pasta • 4-6 cereal bars • 4-6 small fruit cups • Can of carrots
<p>Option 3</p> <ul style="list-style-type: none"> • Can of kidney beans or chickpeas • Small box of seasoned rice • 1-2 small cans of tuna or chicken • Box of macaroni and cheese • 4-6 small packages of snack crackers • 4-6 small applesauce cups • Can of green peas 	<p>Remember</p> <ul style="list-style-type: none"> ✓ <i>Children will have to carry food bags in their backpacks, so be mindful of overall weight</i> ✓ <u>Please avoid</u> <ul style="list-style-type: none"> ○ <i>glass jars</i> ○ <i>peanuts</i>

Where/How to Donate?

- ❖ We will accept donations in the CRCC Commons area every Sunday throughout the school year
- ❖ We encourage you to use the sign-up sheet located on the information table in the CRCC Commons
 - *Allows for more accurate tallying of expected monthly donations*
 - *If an email address is provided, we will send you a reminder email the week before your scheduled donation*

Additional Questions/Concerns/Suggestions?

- ❖ Please feel free to contact Jennifer Hair (jennifer.d.hair@gmail.com) or Ugo Samuels (ugosamuels@yahoo.com)