**Greencastle Elementary 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*

|  |  |
| --- | --- |
| **Option 1** | **Option 2** |
| * 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
 | * 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
 |
| **Option 3** | **Remember** |
| * 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
 | * *Children will have to carry food bags in their backpacks, so be mindful of overall weight*
* *Please* ***avoid***
	+ *glass jars*
	+ *peanuts*
 |

**Where/How to Donate?**

* We will accept donations in the CRCC Commons area every Sunday throughout the school year
* Donations can also be left in the bins outside the main doors of the church any time
* We encourage you to use the sign-up sheet located on the information table in the CRCC Commons or to sign up at [www.crcc.org/serving-locally](http://www.crcc.org/serving-locally)
	+ *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 Ruth Campbell (ruthc@crcc.org)