

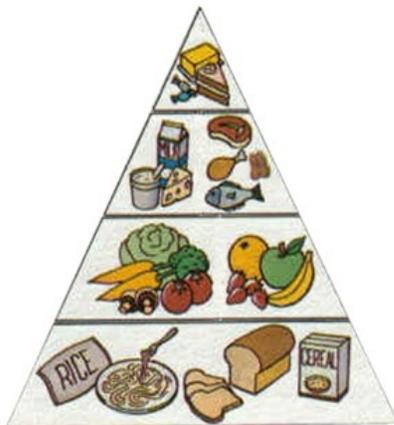
Food Donation Wish List

Proteins: peanut butter, canned tuna or chicken, soups with meat or beans (prefer 'pop top' or microwavable containers), macaroni & cheese in microwavable packets.

Grains: cereal (individual servings), instant oatmeal (individual servings), granola bars, crackers & cheese packets.

Dairy: shelf-stable milk in juice box size, shelf-stable pudding cups

Fruits/Vegetables: juice boxes (100% juice), applesauce cups, fruit cups, raisins, small canned vegetables (prefer 'pop top' lids)



According to Hunger Solutions NY, research tells us that access to good nutrition is intimately tied to the learning potential of students. It states that 1 in 5 children (nearly 940,000) are food insecure in New York State. When children lack dependable access to nutritionally adequate food, they are more likely to be sick, less focused on learning, hyperactive, undernourished, and overweight. When a child goes needlessly hungry, it undermines the time and valuable resources invested in our public schools.

For More Information Contact:

Faye Reynolds at (315) 406-9305

Moravia Central School District
Shelly Pflug at (315) 497-2670

Moravia Backpack Program

A Partnership between
Moravia local food pantries,
community members and the
Moravia Central School
District



MORAVIA

The Backpack Program is designed to provide easy and nutritious foods that children can take home over the weekend and prepare for themselves if and when they are hungry.

This program attempts to reduce that gap when school is not in session and help children return to school on Monday ready to learn.



Students are identified by school staff, and then permission is sought to enroll the child in the program from their parents/guardians. Adult volunteers will pack bags with nutritious foods for distribution to those children on Fridays throughout the year.

The program will provide food items for each child from the different food groups: proteins, grains, dairy and fruits and vegetables. Foods will be child-friendly, nutritious, individually packaged, light enough to carry, shelf-stable and easy to prepare.



If you wish to assist us with this project, please contact Faye Reynolds at (315) 406-9305 or Shelly Pflug at (315) 497-2670 .

Checks can be made out to the Moravia School District - please include "backpack program" on the memo line and dropped off at the district office located in the Moravia Middle/High School.

We hope that you will join us in supporting such an important cause.