

### **Contents for Children's Weekend Food "Backpacks"**

As advised by Flathead Food Bank and Kalispell Schools

2 x 8-ounce cartons of milk  
2 x Granola or other Nutrition bars  
1 x Fruit cup or easy-open can of fruit  
1 x Box of cereal  
2 x 8-ounce cans of juice  
2 x 10-ounce cans of protein (example - hearty beef stew, roast chicken)

Total cost per "backpack" = \$4.50

Note: Some children's families do not have kitchens; therefore, food items must come individually packed and sealed, be easily opened and prepared, and able to be eaten hot or cold.

Although this is a relatively expensive program in terms of dollars (because the foods are not available through government surplus) it is an excellent investment in the health, education and well-being of hundreds of children and their families.