

IN CONJUNCTION WITH THE 2009-2010 FIFTH GRADE LEGACY

## BACKPACK LUNCH PROGRAM:

caring for our neighborhood children

For many Portland Elementary students, the federally-sponsored school lunch is their main source for a nutritious, satisfying meal during the day. If there's not enough food in the house, these children can go hungry on the weekend, when the school lunch isn't available.

WITH YOUR FOOD DONATIONS, WE CAN REACH  
MORE NEIGHBORHOOD CHILDREN WHO HUNGER

### Food items to donate:

- cans of chili, soup, ravioli in meat sauce, cans/boxes of mac & cheese
- small juice boxes – 100% fruit juice only please (no foil containers)
- individual-sized fruit cups
- small packages of crackers with cheese, raisins or fruit snacks, granola bars (no peanuts)
- oranges and apples

*Please focus on nutritious items for the Backpack Lunch Program, avoiding chips, cookies, candies, or other foods commonly referred to as "junk food."*

We will be collecting these foods three times this year – fall, winter, and spring. If your student can bring one or more of the above items for the fall collection, please send it to school the week of February 1 – 5.

The Backpack Lunch Program is a non-profit, all volunteer program. To make a monetary donation, make check out to Fremont United Methodist Church. Write "Backpack Donation" on the check and mail to Fremont UMC, 2620 NE Fremont Street, Portland OR 97212.

For more information, contact Marilyn Mauch, 503.287.3014, Program Coordinator, Fremont United Methodist Church