

Have you heard about Backpack Buddies?

Every Friday, the kids we serve go home with a bag full of meals and snacks to last them the weekend and beyond. Coordinating with teachers and administrators, we ensure delivery is discreet so that no child feels singled out by this support. For the kids we serve, they head home every Friday knowing where their next meal is coming from and are equipped to return to school on Monday ready to learn.



Ready-to-Eat

All our food is ready-to-eat because many of the kids we serve are home alone. They will have to prepare this food by themselves, often with very limited access to a microwave, stove or over

Food Security Survey Here!
<https://forms.gleFEYYykXsaY1iCNzVA>



Largely Non-Perishable

Most of our food is non-perishable because often kids in our recipient schools do not have refrigerators or appropriate food storage space at home. We recognize the importance of fresh fruit and veggies and include fresh items that last a while outside the fridge like apples, mini-peppers and mini-cucumbers.



Kid-Approved

Every item in our bags is kid-approved because, like most children, the kids we work with are not particularly adventurous in their eating habits—they like and eat what they know.



Backpack Buddies
backpackbuddies.ca

Contact your school for more information
or contact melissa@backpackbuddies.ca