

The Backpack Concept:

The Backpack Program provides students identified by school social workers at Essex Elementary, John Winthrop and Valley Regional High School with nutritious food when other resources are not available, such as on weekends or during school vacations. The food is delivered weekly to students and includes breakfasts, lunches, dinners, beverages and snacks.

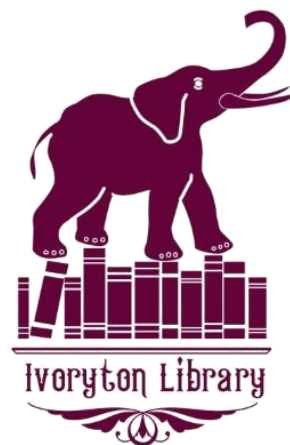
Drop-off at the
Ivoryton Library

Ivoryton Library
106 Main Street
PO Box 515
Ivoryton, CT
06442

860-767-1252

ivorytonlibrary.org

staff@ivorytonlibrary.org



The Backpack Program

During the month
of October 2022
at the
Ivoryton Library

Suggested Foods**

Beverages

Shelf-stable milk, vanilla & chocolate

Apple Juice

Orange juice

Fruit punch (bottles)

Capri Suns

Lemonade mix (box)

Snacks*

Applesauce cups

Squeezable applesauce

Fruit cups

Rice Krispie Treats

Pringles

Goldfish

Pretzels

Peanut butter and crackers

Pirates booty

Fruit snacks

Breakfast

Oatmeal pouch

Cereal cups

Pancake mix pouch / cups

Syrup

Breakfast / Granola Bars

Lunch

Strawberry Jelly

Grape Jelly

Peanut Butter

Nutella

Tuna

Mayonnaise

Mac & Cheese

Chicken

Chili

Soup

Chef Boyardee

Ramen

Dinner*

Beef Stew

Rice a Roni

Pasta

Sauce

Potato pouch

Beans

Corn

Corned Beef Hash

Sloppy Joes

Refried beans

Peas

Manwich

* Items most needed

****Note:** It's essential that the items are not bulk sizes, but instead, weights that can be managed by kids and sized to fit along with other items in the kids' backpacks. Also, please choose plastic and paper over metal to keep the weight down when possible.