



**Fairview Elementary and Fairview PTA**

The Fairview Backpack Meal Program provides children who are in need with a bag of nutritious, easy to prepare food each Friday during the school year. This program fills the gap left when children do not have access to free or reduced priced school meals over the weekend. Backpack meals are distributed discretely and the participants are confidential.

**Items in the Backpacks must be:**

- Kid friendly, nutritious and shelf-stable
- Individually packaged or small and light enough to carry (no glass jars please)
- Easy to prepare—even without a stove or in some cases, a can opener
- Labeled with ingredients and nutrition facts

*Feeding kids  
all week long!*

## What items do we need?

### Fruits & Veggies

- Small boxes of raisins and other dried fruit
- Small cans of vegetables with pop-top lids
- Small cans of fruit with pop-top lids

### Proteins

- Peanut butter
- Canned tuna or chicken
- Boxed mac and cheese
- Canned soup
- Shelf-stable milk boxes

### Grains

- Individual serving of cereal
- Whole boxes of cereal
- Individual serving of oatmeal
- Granola bars
- Chex mix/Trail mix



Monetary donations also accepted : Please make check out to FV PTA/BackPack Meal Program

For more information about the Fairview Backpack Meal Program Contact:

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