

## NEWS OF NUTRITION



IT'S IMPORTANT FOR CHILDREN TO UNDERSTAND THE IMPACT THAT EATING HEALTHY HAS THROUGHOUT THEIR LIFETIME. ON THE WEEKENDS, KIDS DON'T HAVE ACCESS TO FREE OR REDUCED LUNCHES IN SCHOOL. OUR AFTER-SCHOOL DINNER SERVICE IS NOT AVAILABLE TO THEM, SO THEY'RE MORE VULNERABLE ON THE WEEKENDS. OUR BACKPACK PROGRAM CONSISTS OF THE BAG OF FOOD THAT GOES HOME ON FRIDAYS WITH YOUTH, AND THAT BAG IS FILLED WITH SHELF-STABLE FOOD ITEMS. THE WEEKEND BACKPACK PROGRAM PROVIDES A SOURCE OF HEALTHY NUTRITION FOR OUR YOUNG PEOPLE. WHAT'S IN THE BACKPACK IS ALL NONPERISHABLE, HEALTHY FOOD FOR OUR KIDS. OFTEN THERE'S TUNA FISH, AND SOME GRANOLA BARS AND PEANUT BUTTER—THINGS THAT ARE ALL SHELF STABLE—THINGS THAT THEY CAN KEEP. WE ALSO PROVIDE FRESH FRUIT. OUR BACKPACK PROGRAM IS CURRENTLY SERVING ABOUT THREE-HUNDRED FAMILIES A WEEK. HAVING THAT ACCESS OVER THE WEEKENDS, THEY'RE REALLY ABLE TO SEE THAT, YOU KNOW, EATING HEALTHY IS SO IMPORTANT. IT'S NOT JUST A SCHOOL THING—IT'S A LIFE THING. I LIKE THE APPLESAUCE THE MOST. OATMEAL BECAUSE IT'S HEALTHY. I LOVE THESE. TO BE ABLE TO SEE THEM OUT THE DOOR WITH THEIR BACKPACKS IN HAND—WAVING AND WISHING THEM A HAPPY WEEKEND, I THINK THEY FEEL BETTER AND I THINK THEY SEE THAT HEALTHY LIVING REALLY GOES A LONG WAY THROUGHOUT THEIR LIFETIME.