Back to School means an opportunity to help feed hungry children through the Backpack Ministry

The Backpack Ministry was founded five years ago to support hungry children at David Cox Elementary School. Since that time they have added Morehead Academy and currently feed around 50-60 children each weekend at David Cox Elementary School alone! This number includes approximately 24 siblings. They are working towards adding a third school with the combined support of Holy Covenant UCC, University City UMC and others. It takes approximately $10-$12 in food per child each week as well as volunteers to sort food, stock the food pantry and fill the backpacks. We started participating last year during the Lenten Season. Our contributions have been greatly needed and appreciated. Now that school is starting back we have an opportunity to continue to help some of these children whom are our neighbors.

Each weekend the children receive protein, vegetables, soup, starches, fruit, breakfast items and a snack.

***Don’t have time to shop? Make a donation and a personal shopper will do the rest!***

Suggested Donations: (Each Backpack includes most of these items)

**\*\*\*\*\*\*\**Please Note: No large containers of food, No Glass containers and please check on expiration dates\*\*\*\*\*\*\*\*\*\*\****

16 oz Peanut Butter

Tuna fish - small cans or pouches

Small Canned Soup (any kid friendly flavor but no creamed soup)

Small Canned Ravioli, spaghetti

Small Canned Vegetables or Tomato Sauce

Small Canned Beans

Small Box Macaroni & Cheese

Packaged Ramen Noodles

Small Servings of Rice or Flavored Rice

Small Box Macaroni

Sleeve of Crackers

Individual serving packages of fruit in plastic cups

Individual serving breakfast foods such as Pop Tarts, Cereal Bars, cereal, oatmeal

Shopping Cart for donations, Information Table, Including Shopping Lists will be in the Gathering Space

**Shopping List**

16 oz Peanut Butter

Tuna fish - small cans or pouches

Small Canned Soup (any kid friendly flavor but no creamed soup)

Small Canned Ravioli, spaghetti

Small Canned Vegetables or Tomato Sauce

Small Canned Beans

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***Price Comparisons - FYI***

**ALDI**

$.25 $ 1.69

Tomato Sauce (8oz) Fruit Bowls (4-4oz cups)

$.49 $1.79

Corn Various Fruit & Grain-Cereal Bars (8)

Cut Green Beans

$.59 $.39

Great Northern Beans Macaroni & Cheese (7.25oz)

Tomato Soup (10.5oz)

Chicken Noodle Soup

$.79 $.65

Chicken Rice/Stars Soup Tuna in Water

**DOLLAR TREE - Everything is $1**

Vigo Yellow Rice (9oz) PrimeTime Popcorn (3-2.4oz bags)

Chicken Ramen (6-3oz pkgs) Honey Grahams (9.6oz-2pkgs)

Uncle Bens Rice (6oz) Mrs. Freshleys Fruit & Grain Bars ((6-1oz pkgs)

Chef Boyardee Beef Ravioli (15oz) Rice Krispie Treats (6-.78oz bars)

Kraft Macaroni & Cheese (7.25) Toast’em Pop-ups (11oz)