



**Morris Plains Families ...**

## **Be a Buddy for Brown Bag Buddies!**

**Sunday, September 22, from 3:30 PM to 5:00 PM  
Community Park Pavilion, Morris Plains**

**Brown Bag Buddies is a program of the Interfaith Food Pantry.** It supports healthy, balanced eating for school-age children who may not have adequate resources at

home. For most kids the weekends mean playing sports, enjoying some down-time with friends, or simply relaxing from a long week at school. But for many children it also means that the free or reduced-price lunches they receive at school are not being supplied on the weekends. These children may return to school on Monday tired, hungry, and having difficulty learning. When kids receive nutritious food that they themselves can prepare, they are happier healthier, and more focused. The Interfaith Food Pantry distributes the Brown Bag Buddies where needed.

**Be a buddy!** On Sunday, September 22, we will collect your kid-friendly food items from 3:30 PM to 5:00 PM for Brown Bag Buddies lunch bags that your family will decorate. You will provide the food; we will provide the lunch bags and art supplies.

The Brown Bag Buddies lunch bags typically consist of the items listed below. **Please make your selection in the quantities suggested to complete each brown bag lunch from your family.**

### **3 GRAINS**

Individual small cereal boxes  
Individual packs of crackers  
Whole grain granola bars

### **2 PROTEINS**

Pop top cans or microwavable bowls (Spaghetti & Meatballs, Lasagna, Ravioli, Beefaroni)  
Easy Mac n Cheese  
Tuna pouches

### **2 FRUITS**

Applesauce  
Canned Fruit/ Fruit cups in light syrup or own juice  
Individual boxed raisins  
Dried fruit packs

### **2 MISCELLANEOUS**

100% juice box  
8-ounce shelf stable milk  
Individual size pudding cups

**Thank you for your generosity! See you on September 22 for family fun for a good cause.**

A community project paid for by the Morris Plains Democratic Committee  
11 Forest Avenue, Morris Plains, NJ 07950

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