



Brown Bag Buddies

The Brown Bag Buddies program supports healthy, balanced eating for school-age children who may not have adequate resources back 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, and for many, unfortunately, there is not enough food in the house to sustain them through the weekend. These children may return to school on Monday tired, hungry and having difficulty learning. When kids receive nutritious food that they themselves can prepare, such as foods that are child-friendly, easy to open and requires no stove-top cooking, they are happier, healthier and much more focused.

In addition to providing nutritious food to children in need during the school season, Brown Bag Buddies may also be available during the summer months when children are out of school and have limited or no access to free or reduced-priced meals. Children can take these “buddies” home with them which helps to supplement the foods they may need but just aren’t available.

Our “Brown Bag Buddies” typically consist of the items listed below.

3 Grains:

- Individual cereal boxes
- Individual packs of crackers
- Whole grain cereal/granola bars

2 Proteins:

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

2 Fruits:

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

2 Miscellaneous:

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