

How Can I Help?

- ✦ Donate Food items weekly or monthly (minimum of 12 like packages is preferred).
- ✦ Donate money to purchase food items.
- ✦ Volunteer to shop for food items
- ✦ Come help clean and fill backpacks each week.
- ✦ Pre-fill items into baggies

Contact Susie Lerma for more information.
Cell – 956-501-7805
jsmblerma@aol.com

About

The ministry runs **throughout the school year**. It discretely provides nutritious, child-friendly, easy-to-prepare food for hungry children to take home over the weekend during the school year.

Once a child is in the program he/she will receive a backpack full of food each Friday to last throughout the weekend.



The child then returns the backpack on Monday so it can be reused for next weekend's food.



Blessings in a Backpack

The reality for some children in Harlingen is that they face a long weekend with little or nothing to eat.

Blessings in a Backpack is a ministry for the children at Bonham and Ben Milam elementary schools in Harlingen. We are currently serving 63 children.



Guidelines

- ✚ Food should be easily accessed by children.
- ✚ No canned items except for the easy open ones. Cans with pop-off tops are desirable.
- ✚ Nothing that requires an oven to prepare, microwave is okay.
- ✚ Food should be non-perishable and with a long expiration date.
- ✚ Items should be individually packaged portions.
- ✚ No glass jars, homemade goods, or expired food items.

Suggested Foods

- ✓ Sunny D juice 11.3 oz.
- ✓ Fruit cup 4oz.
- ✓ Apple Sauce 4 oz.
- ✓ Pudding (x2) 3.5 oz.
- ✓ Oatmeal Bar 1 oz.
- ✓ Cheese Crackers 1.38 oz.
- ✓ Fruit Snacks 0.9 oz.
- ✓ Granola Bars (x2) 0.84 oz.
- ✓ Pretzels 1.5 oz.
- ✓ Trail Mix 2 oz.
- ✓ Animal Cookies 2.0 oz.
- ✓ Beef Stick 1.125 oz.
- ✓ Cereal (individual boxes)
- ✓ Peanut Butter 18 oz.
- ✓ Bagels
- ✓ Rice Milk
- ✓ Tropicana Orange Juice
- ✓ Popcorn
- ✓ Pop Tarts
- ✓ Oatmeal Packets
- ✓ Juice Boxes
- ✓ Macaroni & Cheese



“Whatever you do to the least of these, my brothers and sisters, you do unto me.”

Jesus



Blessings in a backpack

Each Backpack will provide breakfast, lunch, and snack options for the weekend.