



# Center for Food Action WEEKEND SNACK PACK PROGRAM

## Because Hunger Does Not Take the Weekend Off

Many children who receive free or reduced priced school meals are left without adequate nutrition on the weekends and holiday breaks.

The Center for Food Action's Weekend Snack Pack Program hopes to fill this gap by providing healthy, kid-friendly, and easy to prepare foods to children at risk of hunger.

The sealed snack packs will be discreetly distributed by the classroom teacher on Friday afternoons.

### LEARN HOW YOU CAN MAKE A DIFFERENCE IN THE LIFE OF CHILDREN IN NEED

#### Each snack pack includes:

1 - 2% milk box, 8 ounces,  
non-flavored, shelf stable

1 - Cold cereal, 1 oz individual serving size  
box, no chocolate or nuts

1 – 4 oz. Fruit cup or peaches

1 - 100% Juice box, 6.75 oz, apple preferred

1 - Chicken with rice, 7.5 oz, microwaveable bowl,  
Chef Boyardee or similar

1 - Macaroni and cheese, 7.25 oz

1 - Nutri-Grain snack bar, 1.3 oz, apple flavor,  
no chocolate or nuts

**ALL FOOD ITEMS MUST BE | NUT-FREE**



**Your Financial Donation Will Help Immediately.**  
**\$4.50 will send 1 child home with a weekend's**  
**worth of healthy snack foods.**

**\$22.50 Helps 5 children**  
**\$45 Helps 10 children**  
**\$225 Helps 50 children**  
**\$450 Helps 100 children**

**Over 20,000 children in Bergen County are**  
**eligible to receive free or reduced price school**  
**meals.**

- Online: [www.cfanj.org](http://www.cfanj.org)\*
  - By phone: 201-569-1804 x25\*
  - By mail: Center for Food Action-
  - 192 W. Demarest Ave Englewood, NJ 07631\*
- \*Please note "Snack Pack Program"

Questions? Please contact  
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**Thank you and join us and #SayNo2Hunger**