



## FOOD FOR KIDS PROGRAM

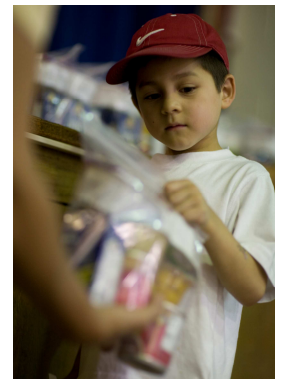


Every day thousands of New Mexico children are in danger of going hungry. While many low-income children may receive free and reduced school meals during the week, they spend the weekends and holidays with little or no food.

Can you imagine going home to no food or snacks? 30% of children under 18 live in poverty in New Mexico. In fact, every year the families of more than 90,000 children seek help with food assistance.

One way we help combat childhood hunger is through the Food for Kids Backpack Program. The program is designed for elementary school-aged children and younger siblings who do not have enough food at home. During the school year, Roadrunner Food Bank distributes food to schools for children to take home in backpacks filled with child-friendly nutritious foods. Every school week 3,495 children in eight counties and 47 low-income schools receive the food.

All the products for the program are child-sized, easy to open and do not require any preparation or refrigeration. To ensure we have variety and availability of the food items in the backpacks, Roadrunner purchases almost all the food for the entire program every year.



### HOW YOU CAN HELP

- Make a monetary donation of \$45 to the program and help provide a backpack to 10 children.
- Provide a weekend backpack for a child for the entire school year with a \$155 contribution.
- Adopt an entire school each year. Contact us for information about how to adopt a school.

**To us, the most essential school supply is food.** Studies indicate that even mild under-nutrition experienced by children during periods of growth impacts children's behavior, their school performance, and their overall cognitive development. Feeding a hungry child is an investment in the future of New Mexico.

### FOOD FOR KIDS BACKPACK ITEMS

Included in the backpacks are a variety of items. The food in the backpacks represent four of the five food groups in the USDA's My Plate Categories (visit [www.chosemyplate.gov](http://www.chosemyplate.gov)).

- Dairy Products
- Grains
- Fruits
- Protein



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