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# Meals to Grow

## Backpack Program

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meals to grow an education

meals to grow a future

Children should never go hungry. Yet, many children who depend on school provided meals have little or no access to nutritious food on the weekends. A child is unequipped to learn when they are hungry.

**Meals to Grow** volunteers assemble bags of child-friendly and nutritious food. These bags are given to children at University Place School who have been identified as being high-risk for hunger. On Fridays the bags are discretely placed in the children's backpacks by the school, providing them food when other resources are not available. These children can return to school on Monday ready to learn.

You can make a difference by  
donating items from the Wish List:

Pop-top canned meals

(such as Chef Boyardee Ravioli, Beefaroni, etc.)

Pop-top soups with meat

(such as Progresso, Chunky, etc.)

Tuna or Chicken Pouches

Jars of Peanut Butter

Peanut Butter Crackers

Cheese Crackers

Fruit cups or Pop-top canned fruit

Individual sized boxes of cereal

Cereal Bars or Granola Bars

Rice Krispie Treats

Individual bags of healthy snacks

(such as Cheez-Its, Pretzels, Fruit Snacks, etc.)

Shelf-stable milk boxes (such as Yoohoo, Hershey's, etc.)

Meals to Grow is Feeding America Backpack Program  
operating through Trinity United Methodist Church.  
For more information contact [mealstogrow@trinityhsv.org](mailto:mealstogrow@trinityhsv.org)  
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