



Weekend Snack Pack Program

Because Hunger Does Not Take the Weekend Off

Since its inception in 2009, CFA's Weekend Snack Pack Program has provided more than 250,000 packs of nutritious, non-perishable, easy-to-prepare food to children to ensure they get enough food on weekends and holidays to avoid hunger when they can't depend on school meals.

How it began

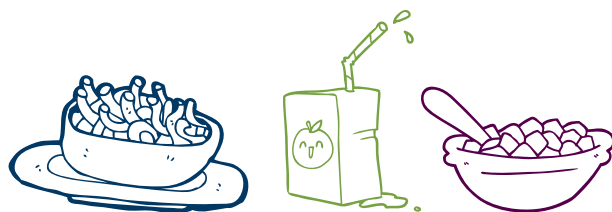
CFA started the Weekend Snack Pack Program after hearing from teachers and school nurses that many children would arrive at school on Monday mornings tired and hungry. For some, their last real meal was the school lunch they had received on Friday. CFA learned that many children who receive free or reduced-priced school meals are left without adequate nutrition on the weekends and holiday breaks.

How it works

CFA's Weekend Snack Pack Program fills the gap by providing healthy, kid-friendly, and easy to prepare foods to children at risk of hunger.

Businesses, organizations, houses of worship and families create the snack packs and CFA distributes them to participating schools.

The sealed snack packs are discretely placed into the backpacks of children in need for weekend use.



Each Snack Pack Includes:

- 2% milk box, 8 oz., non-flavored, shelf stable
- (2) Low sugar cold cereal, individual serving size .
- 100% juice box, 6.75 oz.
- Fruit Cup, 4 oz.
- Mini Ravioli 7.5 oz.
- Macaroni and cheese, 7.25 oz.
- Nutri-Grain® snack bar, 1.3 oz.

All Food Items Must Be Nut-Free

Looking for ways to help local children?

- Host a Weekend Snack Pack Event at your location, or contact us to schedule an offsite team-building or volunteering event.
- Donate funds. The Weekend Snack Pack Program is self-funded, your \$100 gift provides 21 snack packs .
- Join CFA for a Weekend Snack Pack event near you. Check for upcoming events at www.cfanj.org

Donate online: www.cfanj.org

By mail:

Center for Food Action
192 W. Demarest Ave.
Englewood, NJ 07631

Questions? Contact us at 201.569.1804 x16
loliff@cfanj.org