



-photo by Scott Faber

How can you get involved?

Sponsorship

Help a child become part of the Backpack Buddies program through a monetary donation. For less than a dollar per day, a child can have access to nutritious food every weekend for an entire year.

1 Year.....	\$350
1 Semester	\$175
1 Month.....	\$39

Go to "Donate Now" at www.foodshuttle.org or make a check out to "Inter-Faith Food Shuttle" specified to "BackPack Buddies."

Food Drives

Hold a Backpack Buddies food drive with your group, at your office, club, or congregation. New backpacks are welcome, too! Call the Backpack Buddies Coordinator at (919) 250-0043 for information on specific food* to purchase and food drive flyers.

**BackPack Buddies food may be the only nutritious food the children served receive over the weekend. Please refer to the accepted items list to ensure your donated food will reach children through the Backpack Buddies program. All other food drive donations will be distributed through our hunger relief efforts.*

Adopt Backpacks

Adopt backpacks for a month, semester, or year. Purchase food weekly and fill the backpacks. Drop the backpacks off at the Food Shuttle or arrange for them to be picked up. Call the Backpack Buddies Coordinator at (919) 250-0043 for more information.

Volunteer

Come to the Food Shuttle to help pack backpacks! Call the Volunteer Coordinator at (919) 250-0043 for volunteer opportunities and information.

Program History

Inter-Faith Food Shuttle began in 1989, when two women, Maxine Solomon and Jill Staton Bullard, witnessed food being thrown away at a local restaurant. From that inauspicious beginning, the Food Shuttle has grown to be a powerful hunger relief organization providing food for thousands every day. Each year the Food Shuttle receives millions of pounds of food, prepares over 100,000 meals for low-income adults and children, and delivers food to over 200 programs and agencies in seven counties. The Food Shuttle's Culinary Job Training Program has graduated over 49 classes of life-challenged adults, providing them with skills to break cyclical poverty and obtain self-sufficiency.

Inter-Faith Food Shuttle
P.O. Box 14638
Raleigh, NC 27620

(919) 250-0043
Monday-Friday 8am-5pm

BackPack Buddies Program



Food Shuttle

A Member of Feeding America

About the Program



Each Backpack Contains:

- 2.....canned vegetables
- 1.....canned fruit
- 2.....canned meats or meat stews
- 2.....packaged noodles
- 2.....100% juice boxes
- 3.....boxes shelf stable milk
- 2.....healthy snacks
- 2.....breakfast items

One of Inter-Faith Food Shuttle's many programs is the Backpack Buddies Program which delivered 23,225 backpacks and food for 139,350 meals to children throughout seven counties in 2009.

The Backpack Buddies Program serves children who are **food insecure**, meaning they do not have "access at all times to enough food for an active, healthy life." (Anderson, 1990)

BackPack Buddies targets kids who access free & reduced-price lunches at school. Children are identified as "in need" by school guidance counselors and site coordinators.

The Backpack Buddies Program currently distributes over 800 backpacks every week.

The program currently serves Wake, Durham, Edgecombe, Chatham, Orange, Nash, and Johnston counties.

Backpacks are filled with healthy foods and are discreetly distributed to children before weekends or holiday vacations.

Empty backpacks are recollected and refilled for the next weekend's use.



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Changing Lives...

true stories from people involved with the program

"A family support worker told me that she had been at the home of some brothers who participated in the program on several days when they arrived home from school. She called me to tell me, 'you would think it is Christmas because they cannot wait to open the bags up and see what food they have that week! They especially like the individual packs of peanut butter.' "

"When asking a 1st grade student what type of food he ate on the weekend, he replied 'oh... we don't eat on the weekend.' When I asked him if he would like to be a 'BackPack Buddy' and explained the program to him, he started jumping up and down with an excited look on his face and exclaimed 'YES, YES, YES!' "

