

## Donations

To make a tax deductible donation to Backpack Pals, checks should be made out to the Christian Help Center with "Backpack Pals" on the memo line. Checks can be mailed to:

**Christian Help Center  
P. O. Box 1882  
Roxboro, NC 27573**



## Adopt A Pal

Adopt Backpack Pals for a week, month, semester, or year!

Drop off donations from 10-12 noon, Monday-Thursday at:

**Beulah Baptist Association  
230 S. Morgan Street  
Roxboro, NC 27573**

## Volunteer

We need your help! Please volunteer to come to the Beulah Baptist Association in Roxboro to help pack backpacks!

Contact our Volunteer Coordinators,  
**Karla Hudson and Susan Hester**  
at

**[backpackofpc@gmail.com](mailto:backpackofpc@gmail.com)**

or call our office number at  
**336-322-1014**

for volunteer opportunities  
and information.

## Backpack Pals



Feeding children in Person County through partnership with the Christian Help Center, Person County Schools, and



## HOW DOES

## BACKPACK PALS

## WORK?

Backpack Pals meets the nutritional needs of participating children in Person County by providing them meals on the weekends.

Teachers recommend students for the program, who are then screened by the school's guidance counselor.

Each week, backpacks are filled with child-friendly, nonperishable, vitamin-fortified food, and are discreetly distributed on the last school day before weekends and vacations. Each pack has enough food for six meals and two snacks. Children return the backpacks in time to be refilled each week.

## SUGGESTIONS

## FOR BACKPACKS

Canned vegetables  
Canned fruit  
Canned meats or meat stews  
Packaged noodles  
100% juice boxes  
Shelf stable milk boxes  
Cups of applesauce, boxes of raisins  
Cereal, oatmeal packages  
Macaroni & cheese  
Pop-tarts

Food will be donated by churches, community members, food banks, and several grocery stores. Food purchases will be made with monetary donations to cover any shortage.

## ADOPT A PAL

Consider adopting a backpack pal for a month, semester, or the year!

\$8 for a week

\$32 for a month

\$120 for a semester

\$240 for a school year

## WISH LIST

We depend on donations and volunteers!  
We welcome the following items:

Backpacks  
Individual servings of vegetables  
Individual servings of fruit  
Canned meats and fish  
Individual servings of meat-based soups/stews  
Individual breakfast items  
(low-sugar cereal, oatmeal/grits, breakfast bar)  
Noodles/instant pastas  
(Easy Mac, noodle soups, Spaghetti-O's)  
Individual healthy snacks  
(crackers, granola bars, dried fruit)  
Juice boxes (100% juice)  
Shelf-stable milk  
Gallon-size zip lock bags  
Grocery store gift cards  
Monetary donations

