



The Brown Bag Buddies program supports healthy, balanced eating for school-age children who may not have adequate resources back at home. For most kids, the weekends mean playing sports, enjoying some downtime with friends, or simply relaxing from a long week at school. But for many children it also means that the free or reduced-price lunches they receive at school are not being supplied, and for many, unfortunately, there is not enough food in the house to sustain them through the weekend. These children may return to school on Monday tired, hungry and having difficulty learning. When kids receive nutritious food that they themselves can prepare, are easy to open and requires no stove-top cooking, they are happier, healthier and much more focused.

Brown Bag Buddies not only help kids stay healthy, but the purchase and assembly of the bags offer a rewarding team building experience. These bags can be assembled on site at IFPN or at your own location. You can purchase the items on your own, or we can purchase them for you. We encourage you to decorate the bags to show that you care about these kids. At a price of \$7.50 each, this program is a rewarding activity for all budgets.

Our "Brown Bag Buddies" typically consist of the items listed below.

Qty / Category	Item	Approx. Cost
3 Grains	Individual Cereal Boxes	.50
	Individual packs of crackers (Goldfish, etc.)	.35
	Whole grain cereal or granola bars	.20
2 Proteins	Pop-top cans or microwaveable bowls (Spaghetti & MB, Ravioli, Beefaroni, etc.)	1.25
	Tuna pouches	1.00
	Easy Mac n Cheese	1.00
2 Fruits	Canned Fruit/Fruit cups in water	.65
	Individual Boxed Raisins or dried fruit packs	.40
2 Misc.	100% juice box	.40
	8 oz. shelf-stable milk	1.25
	Individual Size pudding cup	.30
Bags	Need Large Size Brown Lunch or Ziplock Bags	.20
	Total Per Bag	\$7.50

Questions regarding Teen Service Hours?
Contact Zoe Garcia, Volunteer Manager, at zgarcia@mcifp.org.