

CONGREGATION GATES OF HEAVEN'S

Back Pack Program*

WHEN LOCAL KIDS GO HUNGRY, WE HAVE THEIR BACKS!



About The Program

Many children in our community find their only meals through schools' reduced/free breakfast and lunch programs. Many don't know when they will have a meal over the weekend.

The Regional Food Bank of Northeastern New York has developed a program to help alleviate hardships of the children in the Schenectady City School District.

The Backpack Program is designed to meet the needs of hungry children at times when other resources are not available, especially over the weekend.

Congregation Gates of Heaven, spearheaded by the Social Action Committee, has adopted Martin Luther King School. We will provide enough backpacks so that 35 children will have food over the weekend and come back to school more ready to start a productive week.

How You can Help

- The Backpack Program is funded entirely by donations.
- 100% of the donations go towards running the Backpack Program.
- Make a pledge to sponsor a child's backpack for a full year: \$183** for a full backpack or \$92 for a half backpack. Monetary donations of any amount are greatly appreciated. This program also qualifies for GE matching Donations. Checks need to be made out to the Regional Food Bank and sent to the temple office (**asking for a 3 yr. commitment).
- The cost for the congregation to adopt a school is \$6405 per year for a minimum of 3 years.

BackPack Menu

- 2 breakfast items (cereal, oatmeal packets, graham crackers, granola bars)
- 3 entrees (mac & cheese, PB & J, Spaghettios, tuna, soup...)
- A loaf of bread
- 2 shelf stable milks (plain and chocolate)/or milk voucher
- 2 juice boxes (100% juice when possible)
- Fresh fruits
- Fresh vegetables
- 2 snacks (cookies, popcorn, pudding, etc.)

* In conjunction with the Regional Food Bank of Northeastern NY



What They're Saying About The Backpack Program

- *This is an excellent program in our community where there are so many living at the poverty level. Thanks for putting in the time and effort to make Backpack a reality.* - a teacher
- *I like getting food from the Backpack because I don't have a lot of food in my house.* - a participating student
- According to teachers, students who receive the backpacks show increased attention and ability to focus during the school day.
- Most students share their food with family members, indicating how important this program is to the entire household.
- *It's a great help when it is so costly in the store. It gives me peace of mind. I know my kids look forward to it and enjoy it.* -a parent of a participating student
- *It helps fill in meals and it's great to know the school is there to help!* - a parent of a participating student
- Many parents and students indicated that the fresh fruits and vegetables sent home were the kids' favorite items.

BackPack Program Facts

- The Regional Food Bank started the Backpack Program in 2007 with one partner school. Since then, the program has expanded to schools throughout 21 counties,
- Program serves 223 schools across 21 counties serving 6,400 students every Friday.
- CGOH sponsors 35 backpacks at ML King School in Schenectady.

Yes, I will support Congregation Gates of Heaven's Backpack Program for 3 years and help provide a hungry child with nutritious weekend meals.

I agree to 3 annual payments of: \$183 Full Backpack \$92 Half Backpack

First payment is due upon submitting this form. Yearly commitment letter will be sent in April for the remaining 2 years.

Or I enclosed my payment of \$549 for my 3 year Full Backpack commitment.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Amount Enclosed: _____

Make checks out to The Regional Food Bank. Write in memo **ML King School**
BUT please mail all donations to CGOH.

Mail to: Congregation Gates of Heaven
852 Ashmore Avenue
Schenectady, NY 12309

Alleviating Hunger Together

GE Matching Funds: when submitting for GE Matching Funds on the GE Match Site, you must specify ML King School. Applying for GE Funds? Yes _____ No _____

Congregation Gates of Heaven ☆ www.cgoh.org ☆ 518-374-8173 ☆ www.facebook.com/GatesofHeaven

