



**Blue Ridge Area  
FOOD BANK**  
Everyone should have enough to eat.

A member of  
**FEEDING  
AMERICA**

# Family BackPack Program

## Impact Report 2017-18: Feeding Children, Feeding Families



In a nation as wealthy as ours, there are far too many futures at risk because of childhood hunger. In the communities of western and central Virginia, 42,690 or 1 out of 8 children are food insecure—without a reliable source of food for every meal. The Family BackPack Program is one way we can address this crisis. Your contributions make sure there is essential food on the kitchen table when students are not at school.

### Food Bags for the Household

This past year, the Food Bank’s Family BackPack Program served approximately 2,854 students and their families each week throughout the school year. We believe that nourishment for **every member of a household is a critical need.**



School Year	Family BackPack Enrollment
2018–2019	3,319
2017–2018	2,854
2016–2017	1,626
2015–2016	1,815

### Childhood Hunger

Food insecurity rates are higher for children than for adults, and food insecurity can have lasting effects on developing minds and bodies. In food deserts, where low-income families often live, sometimes the only food option is a convenience store or fast food restaurant. Families relying on less expensive foods struggle with a range of chronic, diet-related illnesses—such as obesity, diabetes and heart disease—further exacerbated (and made costlier) by their poor diets. Family BackPack food bags provide staples for the foundations of 13 wholesome family meals.



## What We Have Accomplished Together

The Food Bank's Child Nutrition programs are organized around the nutritional quality of the food we distribute. Staple food in the Family BackPacks includes pinto beans, green beans, or corn (no salt); breakfast cereal or oatmeal; pasta and pasta sauce; mac & cheese; low sugar fruit; baking mix; canned tuna or chicken.

The Family BackPack Program empowers hungry children to contribute to the well-being of their siblings, family members, and guardians. Instead of dreading a long weekend and an empty cupboard, they can proudly place a bag full of nutritious food on the kitchen table.

Thank you for your generosity! We invite you to continue your support of the Family BackPack Program. Together we can make certain that children and their families always have enough to eat.

# Family BackPack Donor Honor Roll 2017 - 2018

*Recognizing gifts of \$1,000 or more*

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