



## **WE NOW OFFER A BACKPACK FOOD PROGRAM FOR OUR KIDS!**

Ruckel Middle School is teaming up with the non-profit HarvestHands to offer a supply of nutritious meals and snacks for our low-income children over the weekends, free of charge. It is our hope these resources will support the health, behavior, and achievement of every student that participates! Please consider donating to Ruckel Middle School the following items:

## **FREE Weekend Food Program now available!**



**Pop-top cans of Soup, Tuna, or Chicken Fruit Cups  
Flavored Oatmeal  
Easy Mac-N-Cheese  
Peanut Butter (Jif-to-go)  
Go-GO Squeeze Apple Sauce or Yogurt Canned  
Vegetables  
Snacks**

**Monetary Funds are also appreciated. Make checks  
payable to HarvestHands Outreach  
and put "backpack program" on Memo line**

Ruckel Middle School is teaming up with HarvestHands Outreach to offer our kids a free supply of nutritious meals and snacks to replace the school meals that they miss during their weekend away from school.

**\*\*Bags are distributed on Fridays by volunteers for your child to enjoy over the weekend.**

If you believe your child could benefit from this program, we encourage you to sign them up with your school's guidance counselor. Anyone who qualifies for free or reduced lunches also qualifies for this program.

HarvestHands runs completely by donations and volunteers. 100% of donations goes to the purchase of sale-priced food.