



BACKPACK BUDDIES DONATION WISH LIST

'BECAUSE HUNGER DOESN'T TAKE
A BREAK AT THE WEEKEND'

- **Small boxes of cereal**
- **Crisps** - baked type eg. Pom Bears, Skips, Wotsits, Snack a Jacks, Velvet Crunch
- **Cereal bars/breakfast biscuits**
- **Pots of fruit in juice** - not in syrup
- **Mug shots**
- **Instant noodles** (not Pot Noodle)
- **Small tins tuna/cooked meat**
- **Baked beans in snack pots**
- **Small cartons UHT milk** - not flavoured
- **Jars of savoury spread**
- **Angel Delight/instant dessert**
- **Pots rice pudding/custard**
- **Jelly pots** - low sugar or sugar free
- **Cup a Soups**
- **Crackers or rice cakes**
- **Unsweetened popcorn**
- **Dried fruit**

BACKPACK BUDDIES

WHAT IS FOOD INSECURITY?

Food insecurity is when a household is uncertain of having enough food to meet basic needs, due to insufficient money or resources.

This impacts on children who end up going hungry over the weekend, when Breakfast Club and Free School Meals are not available.

WHAT IS BACKPACK BUDDIES?

The food packs contain child friendly, single serving, non-perishable items that the children can prepare without heating.

The bag is then given to an identified food insecure child by a school representative to take home for the weekend.

HOW CAN I HELP?

Buy snacks from the donation wish list and donate them to The Bay Food Bank.

Join us at Packing Parties - a weekly social get together to prepare individual food parcels for the weekend - running from June 2019.

WHO ARE SAINT?

SAINT is a lottery funded initiative, facilitated by VODA in North Tyneside. SAINT supports local volunteers to develop and participate in Social Action projects which benefit the local community.

**Please donate items to The Bay Foodbank,
The Barn, Meadow Well Way, Waterville Rd,
North Shields NE29 6BA or contact Rebecca
Southern on 0191 6432637 or
rebecca.southern@voda.org.uk to arrange a
collection.**

