

Manna Food Project
“Food 4 Kids” Backpack Program
Fall 2019/Spring 2020 School Year

| Contents | Nutrition Facts | Calories |
|---|--|----------|
| Chef’s Cut Chicken Stick (1 oz.) 1 per backpack Various flavors | Protein: 7g Iron: 2% Gluten Free No added nitrates | 60 |
| Mott’s Juice Pouch (6 oz.) 1 per backpack Apple, white grape, etc. | Potassium: 7% Vitamin C: 100% Iron: 4% Contains 100% juice | 100 |
| Kellogg’s Cereal (1 oz.) 1 Single-serve variety box: Corn Pops, Cocoa Krispies, Froot Loops, Frosted Flakes, or Apple Jacks | Protein: 2g Vitamins A, C, and E: 30% Vitamin D: 15% Iron: 30% Thiamin, Niacin: 15% | 150 |
| Meijer Instant Oatmeal (1 oz.) 1 Single-serve packet Maple Brown Sugar Flavor | Protein: 4g Dietary Fiber: 3g Magnesium: 10% Calcium, Phosphorus 10% Thiamin, Niacin, B6, and A: 20% | 160 |
| Meijer Fruit and Grain Bar (4 oz.) 3 bars per backpack Strawberry, Mixed Berry, and Apple Cinnamon Flavors | Protein: 2g Vitamin A: 15% Calcium: 20% Iron: 10% Low fat | 140 each |
| Cheese Stick (1 oz.) 1 per backpack White Cheddar Flavor | Protein: 6g Calcium: 15% Non-GMO Shelf stable | 100 |

Nutrition is Important for Kids.

Hunger decreases a child's ability to concentrate and learn.

That's where Manna comes in.

Manna is a nonprofit organization that helps feed the hungry in Antrim, Charlevoix, and Emmet Counties. We partner with Feeding America and operate a food bank (distribution center), food rescue program, weekly food pantry, and the "Food 4 Kids" backpack program.



What is our backpack program?

The "Food 4 Kids" backpack program provides over 2,000 elementary students with a backpack of kid-friendly food each Friday of the school year so that they still have access to healthy food outside of school. **Students are eligible for the program if they qualify for free or reduced-cost meals through the National School Lunch Program.**



With the help of a dietician and student surveys, we frequently update the contents in the backpacks. Some nutrition facts are available on the back of this sheet for your convenience.

For questions or suggestions, please contact Manna Food Project
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