



What to Expect

The Goal

First and foremost, the goal of The Kids Aid Backpack Program is to alleviate hunger over the weekends when kids are not in school.

Considerations

Kids Aid cannot meet all dietary needs or food preferences due to the sheer number of backpacks delivered; around 65,000 bags of food were delivered last year!

- **Weight:** How much can the youngest carry? Backpacks are uniform for all ages.
- **Cost:** We are entirely funded by private, non-government donations.
- **Kid-Friendly/Easy prep:** Will the kids eat it? Can they safely and easily prepare it?
- **Availability:** Food Bank of the Rockies is our main food distributor due to cost and volume.
- **Nutrition:** We balance carbs, protein, fruit, and fiber within the above restrictions.
- **Shelf life:** or "best used by" dates.

Food Bank of the Rockies is a 501 (c) (3) nonprofit organization. They are required to follow strict guidelines regarding health standards. As with products you purchase in stores, food acquired from the Food Bank is date stamped. Most often the date shows a "best used by" date. The product is considered to have the highest degree of flavor and nutrients up to this date. **It does not mean the product is bad, stale, or spoiled after that date.** Food Bank of the Rockies recommends serving a product within one (1) year of the "best used by" date stamped on the package, but always recommends using good judgment and not eating any product that appears spoiled. Sometimes a date stamp refers to a packing date rather than a "best used by" date. The exception to the one-year rule is for baby formula, which is not applicable to the backpack program.

Our Hope

The Backpack Program is not meant to replace home cooked meals. Our hope is that our food will provide children with enough to eat so they will not struggle with hunger throughout the weekends. We believe that *all* kids should have the opportunity to show up to school on Monday mornings **"only hungry to learn!"**

**We value feedback and use it to help better serve our kids.
Please visit kidsaidcolorado.org to share your experiences using the program.**