

# Backpack Buddies Needs Your Help!

J. L. Simpson Middle School is searching for volunteers and sponsors for our Backpack Buddies (BPB) Program which connects our resources and community to meet the nutritional needs of underserved children attending our school here in Leesburg Virginia.

In Loudoun County alone, there are more than 11,000 children that are food insecure. Food insecure is "the limited or uncertain availability of nutritionally adequate and safe food." BPB serves children who, because of low family income level, receive free or reduced price lunch on school days. BPB ensures children are fed on the weekends -- **because HUNGER does not take the weekend off!**

The program provides meals for approximately 60 students who attend our school. Each weekend pack contains six meals -- two breakfasts, two lunches, two dinners, plus snacks for the weekend. Each weekend meal pack costs an average of \$8.00. Supplemental food packs are also provided to help cover the winter and spring school holidays when school is not in session (and school provided meals are not available.)

## How You Can Help:

**Food Collection** -- J. L. Simpson Middle School will be collecting food on an ongoing basis. Please return the food donation J. L. Simpson Middle School lobby or contact our Parent Liaison, Heidi Venable to arrange for food to be picked up. If you would like to donate food, please see the **Grocery Wish List** attached.

As always, your tax deductible monetary donation is also appreciated. (100% of your donation goes towards feeding the kids. Please remember to put "BPB" in memo line of your check). If you are interested in being a part of this community outreach program, Please contact Heidi Venable, our parent liaison. She will be happy to help you sign up to volunteer.

**Contact information: Heidi Venable at [heidi.venable@lps.org](mailto:heidi.venable@lps.org) or call 571-252-2840.**  
**All of us here at J. L. Simpson Middle School thank you for your support.**

## Grocery Wish List - Backpack Buddies Preferred Items

Cups of ravioli, beefaroni or spaghetti	Canned tuna, chicken, or ham
Canned soup or cup-a-soup	Canned vegetables
Cheese/peanut butter crackers	Pretzels
Easy macaroni and cheese	Cereal (individual sized boxes)
Instant oatmeal	Granola or cereal bars
Raisins, nuts, trail mix	Fruit cups, pudding, applesauce
100% Juice boxes	
Shelf milk (Horizon, Hershey's, Organic Valley, etc.)	