

Deshler Lutheran School

Backpack Program

2020-2021



We are trying to provide a backpack program to the students at DLS again this year. This is an amazing, ongoing outreach within our church community for students who are facing food instability on the weekends and over holiday breaks. Each week this program supplies backpacks non-perishable, easy to prepare food items. The students take home a plastic bag full of food on Friday after school. We ask that the food be individually packaged, small and light enough to carry, shelf stable, easy to prepare - some maybe without a stove (or possibly a can opener for some), not going to break (no glass jars)...

To sponsor this program you can:

- Donate food
- Make a cash donation
- Help pack backpacks

Food donations may be dropped off at Deshler Lutheran School or St. Peter Lutheran Church. At St. Peter, please leave items on the table located by the library. There is a container marked DLS Backpack Program.

Monetary donations may be mailed to Deshler Lutheran School. Please note all checks will need to include a memo indicating proceeds are for Backpack Program.

Deshler Lutheran School
509 East Hebron Avenue
Deshler, Nebraska 68340

A sign-up sheet for packing backpacks is also on the table by the library. Sign up is by the month. The Backpacks need to be packed by Friday noon on most weeks. Contact Colleen at the church office (402-365-4341) for more info about scheduling or packing.

All other questions can be answered by Rachel Werner at 402-768-8826.

Please see next page for possible food donation list.

Backpack Program Food List 2020-2021

Breakfast

Granola Bars
Jelly & Jams
Pop Tarts
Pancake Mix (just add water)
Syrup
Cold Cereal (boxes/bags)
Protein Bars
Fruit (plastic individual cups)
Instant Oatmeal (cups/packages)
Yahoo Chocolate Milk

Snacks

Applesauce
Trail Mix
Graham Crackers
Saltine Crackers
Nuts/Snack Crackers
Microwave Popcorn
Beef Jerky/Sticks
Pudding (individual cups)

Lunch/Supper

Spaghetti O's
Cup Ramen/Yakisoba Noodles
Soup-Ready Made (carton, can, cup)
Hamburger Helper
Peanut Butter (10 oz./12 oz.)
Chunky Soup
Canned Pasta (Chef Boyardee)
Knorr Pasta or Rice Sides
Canned Meat (chicken, tuna)
Mac N Cheese (boxes/individual)
Stew (canned or cup)
Spaghetti Sauce/Noodles
Canned Vegetables - Corn/Green Beans -
prefer cans with pop tabs

Please keep in mind:

Individual packages/servings if appropriate
Small and light in weight (easy to carry)
No breakable containers
Shelf stable
Easy to prepare

Any easy to make and serve, kid-friendly food will be much appreciated.
Thank you all for your support!