

# Backpack Buddies



**Our mission is to ensure food security for every vulnerable child in B.C.**

Many children rely heavily on school meal programs but over the weekend may not eat at all until school starts again on Monday. This is 'the weekend hunger gap.'

With our community of donors, volunteers and caring partners, Backpack Buddies addresses this crisis by filling backpacks every Friday for students in need with enough meals and snacks to last the weekend. Our priority is to continue scaling up our services to meet the growing needs of the communities we serve.

## WEEKLY IMPACT

**4,000** **36,000**

Children supported

Meals Distributed

**140**

Distribution  
Locations

**31**

Communities  
served across B.C.

Based on April 2021 - these numbers fluctuate weekly



Abbotsford  
Agassiz  
Alert Bay  
Boston Bar  
Burnaby  
Campbell River  
Comox Valley  
Coquitlam  
Gold River

Hope  
Langley  
Maple Ridge  
Mission  
Nelson  
New Westminster  
North Vancouver  
Pitt Meadows  
Port Alberni

Port Alice  
Port Moody  
Richmond  
Sooke  
Stewart  
Sunshine Coast  
Surrey  
Vancouver  
Victoria



### What's in a Backpack Buddies Bag?

Our bags contain 9 meal items plus fresh fruit and snacks, enough to last a child an entire weekend and beyond. Each item is child-friendly and easily consumable, meaning that if an adult is not present, the child is able to prepare the meal for themselves.

Examples: oatmeal, tuna and crackers, soup, canned beans, noodle cups, fruit bars, granola bars, fresh fruit.

### Do you use actual backpacks?

No, we pack our bags in disposable, biodegradable plastic bags that children can easily put into their backpacks every Friday before they go home. These bags also ensure that we're able to follow hygiene protocols and maintain anonymity and discretion.

### How do bags get to kids?

Our trucks and transportation partners drive through Metro Vancouver, Vancouver Island, and the Sunshine Coast delivering bags of food to recipient schools. The deliveries are met by a school representative who takes them to a discrete location for distribution to students as they head home on Friday afternoons.

### How do you choose the kids who will receive your bags?

Our partnerships with BC schools and districts are critical to ensuring that children gain access to the food they need for the weekend. We work with teachers, administrators, and social workers who advise us on the needs of their students and help identify those who could benefit most from receiving a bag.

### How much does a bag cost?

There are no costs associated for schools or families when receiving support from Backpack Buddies. We work with donors to cover the costs of the bags.