

# WEEKEND FOOD BAG OPTIONS:

Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, non-perishable food, including a variety of fruits, vegetables, proteins, and grains. Bag types are identified by different colors of the Every Meal logo.

|   |   |
|---|---|
| <br>Blue Bag     | Tailored for East African dietary preferences, this bag is pork-free and may contain items such as tuna, spaghetti, black-eyed peas, corn flour, and tomato products.                                 |
| <br>Green Bag    | Tailored to offer the widest variety of food items, this bag may contain items such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits.                      |
| <br>Orange Bag  | Tailored for Latino dietary preferences, this bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles.           |
| <br>Purple Bag | Tailored for Southeast Asian dietary preferences, this bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges.                 |
| <br>Yellow Bag | Tailored with all ready-to-eat items which require little or no preparation, this bag may contain items such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and soups. |

Sign up to receive a free bag of food every weekend. Return completed form to school.

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Locker Number: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Describe Child's Backpack (i.e. blue with green zipper):  
\_\_\_\_\_

Parent/Guardian Name (Optional):  
\_\_\_\_\_

Select one bag type which best meets the needs and preferences of your family:

-  Blue Bag
-  Green Bag
-  Orange Bag
-  Purple Bag
-  Yellow Bag

# OUR STORY

Every Meal is a 501(c)(3) nonprofit organization with a mission to fight child hunger through community and school partnerships. We strive to make a difference in children's lives by focusing specifically on food gaps — the times when children aren't at school to access meal programs. Providing kids with wholesome food is our focus, and their growth and achievement is at the heart of everything we do.

- Free for all families
- No qualifications required for enrollment
- Every Meal does not collect information from families; privacy is protected
- Families may enroll in the program at any time throughout the school year
- Volunteers or school staff discreetly place food bags in students' backpacks each week, typically on Fridays

For questions, please contact your school.



If you are not in need of food support, please consider donating to provide food to others within your child's school and across Minnesota. Every Meal is 100% community funded. Donate and learn more at [everymeal.org](http://everymeal.org).



**EVERY MEAL**



**EVERY MEAL**  
formerly The Sheridan Story

## FREE WEEKEND FOOD ENROLLMENT FORM



Need information in a different language?  
Scan the QR code or visit:  
[everymeal.org /free-weekend-food](http://everymeal.org/free-weekend-food)