

Micah's Backpack

A Community Ministry Sponsored by

St. Michael Lutheran Church

2308 Merrimac Road

Blacksburg, VA 24060

951-8951

www.micahsbackpack.org

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www.st-michael-lutheran-church.org

jennie@micahsbackpack.org

Needed Food Items in Individual Serving Sizes

100% Juiceboxes

Small Fruit Cups (in juice or lite syrup)

Chicken or Vegetable Soup 10.75 oz

Fruit Chews

Fruit Cups / Canned Fruit 4 pack

Granola Bars

Macaroni and Cheese Singles 2.05 oz

Oatmeal (Box with Individual Packages)

Small Canned Vegetables

Spagettios or Ravioli 14.75 oz

Tuna 5 oz

School Partners

Blacksburg High School

Blacksburg Middle School

Gilbert Linkous Elementary School

Harding Ave Elementary School

Headstart Preschool

Kipps Elementary School

Margaret Beeks Elementary School

Price's Fork Elementary School

Valley Interfaith Child Care Center



Micah's Backpack

Packing Thursday

Delivering Friday

Feeding Saturday and Sunday

www.micahsbackpack.org

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Background

Some children and youth struggle to eat healthy meals and snacks everyday. Micah's Backpack, a free ministry sponsored by St. Michael Lutheran Church in Blacksburg, Virginia, helps children eat more healthy meals and snacks on the weekend.

How Micah's Backpack Works

Each Friday afternoon participants receive a weekend bag with 6 meals and snacks. Micah's Backpack may include the following items: oatmeal, juice, tuna, macaroni and cheese, peanut butter, soup, apple sauce, fruit cups, ravioli, vegetables, milk, and other nutritious food.

Who Can Participate?

Micah's Backpack works with children and youth at all five Blacksburg elementary schools, Blacksburg Middle School, Blacksburg High School, the Head Start Preschool, and Valley Interfaith Child Care Center. Low-income families should contact their school principal to find out if they qualify for the program. Program participation will be kept as confidential as possible. A parent or guardian must return a signed permission form for their child to participate. Schools have permission forms in their main office.

Micah's Backpack Partners

Academic Partners

BHS Agriculture Department * BHS Beta Club * BHS Culinary Arts Department * BHS Class of 2011 * BHS DECA * BHS Family and Consumer Science * BHS Helping Hands Club * BHS SCO * Blacksburg New School * BMS 8th Grade Civics 2011 and 2012 * BMS Theater Arts * GLES PTO * KES PTO * PFES PTO

Civic Partners

AARP-Blacksburg * All Arts, Science, Technology Camp * American Culinary Federation-NRV Chapter * American Legion Chapter * AMERICORPS VISTA * Blacksburg Farmer's Market * Blacksburg Junior Women's Club * Blacksburg Newcomer's Club * Blacksburg and Montgomery County Residents * Blacksburg Partnership * Blacksburg Women's Club * Cub Scouts 704 * Dental Aid of NRV * Delta Sigma Theta Alumni Chapter * Downtown Blacksburg * Girl Scout Troop 396 * Girl Scout Troop 737 * Hunter's Lodge #156 * Montgomery-Blacksburg Kiwanis Club * MOPS at Blacksburg Christian Fellowship * MOPS at Blacksburg United Methodist Church * No Name Dames * NRV Dental Partnership * Operation Santa Claus * Rotary of Blacksburg * RSVP of NRV *

Collegiate Partners

Alpha Chi Omega * Alpha Epsilon Delta * Alpha Gamma Rho * Alpha Kappa Psi * Alpha Phi Omega * Alpha Zeta * American Medical Student Association * Baptist Campus Ministries * Black Organization

Council * Center for Academic Enrichment and Excellence * Chemistry Department * Chi Alpha * Chi Delta Alpha * Circle K International * College of Liberal Arts and Human Sciences at VT * Community Nutrition Students * Continuing Professional Education Outreach and International Affairs * Cooper House * Dairy Club * Delta Sigma Theta * Epsilon Sigma Alpha * EGSP Fulbright * FarmHouse * Fashion Merchandising and Design Society * Fitness and Nutrition Club * Freethinkers * Gamma Beta Phi * Golden Key * Honors Residential College * Humphreys Fellows 2012 * Industrial Design * Industrial and Systems Engineering * Kappa Delta Rho * Language and Cultural Institute * Latin Link * Lee Hall * National Society of Collegiate Scholars * National Society of Minorities in Hospitality * Newman Community * Panhellenic VT * PAX * Physical Therapy Club * Pi Alpha Xi * Residential Leadership Community * SERVE * Sigma Alpha Lambda * Sociological Association * Student African American Sisterhood * Student Athlete Advisory Committee * Student Council for Exceptional Children * Student Dietetic Association * Student Engineer Council * Student Teacher Interns * Sustainable Food Corps * Universities Fighting World Hunger * Via Department of Civil and Environmental Engineering * VMRCVM-Graduate Student Association * VT Baseball Team * VT Softball Team * Corp of Cadets Bravo Company * Corp of Cadets Foxtrot Company * VT Engage

Corporate Partners

Anderson and Associates * ATK at the Radford Arsenal * Bank of America * BB&T Lighthouse Foundation * Cellar Restaurant * Feeding America * First Bank and Trust-Christiansburg * Food Lion-Hethwood * JPI a HUBzone Co * In Balance Yoga Studio * Kool Smiles Dental * Kroger on University City Blvd * Lisa Acciai, Graphic Designer * MOOG Component Group * Moss in the New River Valley * New River Engraving * NRV Dental * NRV Macaroni Kids * NRVCs * Polymer Solutions Inc * Pulaski County Chamber of Commerce * Rackspace * Skanska Builders * StellarOne Christiansburg Service Center * Suntrust Bank-Christiansburg * Sylvan Learning Centers * Three Birds Berry Farm * Wall Brothers Dairy Farm * Well Hung Vineyards

Grant Partners

Blacksburg Newcomer's Club * Blacksburg Presbyterian Church Endowment * Community Foundation of the New River Valley * Evangelical Lutheran Church in America Domestic Hunger * Food Lion Charitable Foundation * Kroger Foundation * One Love Foundation * Private Foundations * Thrivent Financial for Lutherans * Vanguard Charitable Endowment Program * Virginia Interfaith Center for Public Policy * Walmart Foundation *

Interfaith Partners

Belmont Christian Church * Blacksburg Baptist Church * Blacksburg Baptist Church Youth Group * Blacksburg Christian Church * Blacksburg Christian Fellowship * Blacksburg Jewish Community Center * Blacksburg Jewish Community Center Sunday School Classes * Blacksburg Presbyterian Church * Blacksburg Presbyterian Church Endowment * Blacksburg United Methodist Church * Blacksburg United Methodist Church Women * Blacksburg Young Life * Christ Episcopal Church * Glade Church * Grace Covenant Presbyterian Church * Gracelife Church Youth Group * Grove United Methodist Church * LDS Youth Group * Luther Memorial Lutheran Church * Lutheran Men in Mission * The Lutheran Student Movement at VT * MMMM at Blacksburg United Methodist Church * New Life Christian Fellowship * New Mt. Zion Lutheran Church * Northside Presbyterian Church * Northstar * Ruth Circle at BUMC * Shiloh Lutheran Church * St. Mary's Catholic Church * St. Mary's Youth Group * St. Michael Lutheran Church * UUC of the NRV * Virginia Synod (ELCA) *

How Can I help?

Micah's Backpack needs volunteers to pack bags on Thursday evenings and deliver backpacks on Friday mornings on a weekly basis. A list of needed food items is available on the back of this brochure.

More Information

Feel free to contact, Jennie Hodge at jennie@micahsbackpack.org or Pastor John Wertz at 951-8951 & pastorjohn@stmhc.us

Financial donations may be made at: www.micahsbackpack.org, by using the QR code below or sent to St. Michael Lutheran Church at the address on the back of this brochure.

