

# Kids+

## Bridging the Gap

**Kids+** "Bridging the Gap" Program helps boys and girls get nourishment they need to succeed in school today and build bright futures for tomorrow. Without Kids+, these kids go home to empty cupboards and to bed with empty stomachs.

### SERVE

You can help by volunteering to help fill bags with nutritional food for kids to take home! Contact Amy at 701-772-6600 x. 206 to sign up today!

### GIVE

- You can help support this program by donating the following much needed non-perishable food products:
- \* Individual serving boxes and cups of dry cereal/Instant oatmeal
  - \* Canned meals such as Spaghetti O's, Ravioli, Soups, etc.
  - \* Macaroni and Cheese/Easy Mac
  - \* Crackers, chips, pretzels (Gold Fish, Cheez-Its, plain Ritz, etc.)
  - \* Juice boxes/Cocoa Packets
  - \* Fruit or vegetable cups
  - \* Fruit snacks/Pudding/Jell-O cups

Note: Due to the rise in peanut allergy cases, most schools now have peanut free campuses. Please take care when shopping for any of these items to assure that they do not contain peanuts or other tree nuts.

How YOU Can Help!

