



Dance Me is again participating in the Regional Food Bank backpack program for children. Together we can help feed over 3000 children in the Capital Region area that are in need. These children are fed weekly throughout the school year by the Regional Food Bank Program where every Friday they receive a bag of food in their backpack to help sustain them through the weekend.

This specific fall collection will help to feed the children over their long holiday break; December through the New Year.

The collection is simple:

Have your family fill one plastic grocery Bag....you can also Invite your friends, neighbors, family or co-workers to fill a bag too!

Here is a list of items that are in need:

Canned Items (Beef Stew, Ravioli, Spaghetti O's, tuna, soup, chili etc),
Macaroni & Cheese,
Peanut Butter (in plastic jar),
Jelly (in plastic jar),
Cereal/Granola Bars,
Oatmeal Packets,
Juice Boxes,
Graham Crackers,
Cookie or Cracker Snack Packs.

Collection runs November 5th- November 30th

THANK YOU so much for helping the kids!