



**SOUTHERN REGION SPRING CONFERENCE
MITZVAH PROJECT**



Backpack Buddies

Backpack Buddies provides weekend nutrition for children who would otherwise have no food from Friday to Monday.

Each **backpack** includes:

**4 proteins, 4 vegetables, 2 servings each of milk & juice,
2 breakfast items and 2 snacks**

**BECAUSE THIS IS A VIRTUAL CONFERENCE
DONATING FOOD ITEMS IS DIFFICULT!**
(unless you live in ATLANTA – see below)

We are asking our each of our Southern Region Sisters
to help needy Atlanta kids
by making a monetary contribution that will
provide them with weekend nutrition:

**\$18.00 will provide food for 3 weeks
\$36.00 will provide food for 6 weeks
\$54.00 will provide food for 9 weeks
\$72.00 will provide food for 12 weeks...etc.**

And if you are feeling really **GENEROUS...**
\$180.00 will provide food each weekend for an entire year!

LADIES, let's do our best to curb kids' hunger!
Let's fill those Backpacks for our little buddies!
Make your donation on the Spring Conference Registration Form

or, if you live in Atlanta

This is a **Beth Shalom Sisterhood Project!**
Drop off food items in the barrel in Beth Shalom's lobby.
Items include single serve & non-perishable items:
**juice boxes, milk, cereal, individually wrapped snacks,
proteins (tuna, beans & franks), vegetables**