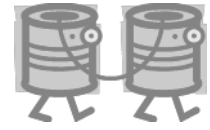


C.A.N. Program

(Caring About Nutrition)



Through the Raymore-Peculiar Public Schools Foundation (a 501(c)3 organization), the C.A.N. program is designed to assist students with nutritional needs while they are away from school over weekends. Qualifying students receive a weekly child-friendly food package. This program is currently operating on donations of food, money, and time from volunteers.

Food List

- Shelf-stable milk, white or chocolate
- Individual small boxes or disposable bowls of cereal
- Boxes of individual oatmeal packets
- Chef Boyardee ravioli or other pasta cans or bowls
- Cans of soup
- Mac & Cheese Bowls
- Tuna or Chicken Salad Kits
- Granola bars or cereal bars
- Cheese or peanut butter crackers
- Cups/cans of vegetables
- Fruit cups
- Applesauce
- Raisins or craisins
- Small jars of peanut butter
- Small bottles of jelly
- Small bags of microwave popcorn
- Trail mix packages
- Pop tarts
- Veggie straws, Cheez Its and goldfish in individual bags
- Dinty Moore complete dinners, Hamburger Helper Bowls, similar items
- Rice Krispy treats
- Juice Boxes (100% juice)
- Small bottles or single servings of ranch dressing
- Fruit roll ups, or other dried fruit snacks



All food must be able to be prepared by small children.

"Recent research shows that many children who do not have enough to eat wind up with diminished capacity to understand and learn. Children don't have to be starving for this to happen.

Even mild under nutrition - the kind most common among poor people in America - can do it."

~ Carl Sagan, Cornell University

Corporate sponsors include:
Raymore Chamber of Commerce Lowe's
Belton Regional Medical Center

How can I get involved?

MONEY - Monetary donations or gift cards can be sent to :

Raymore-Peculiar Public Schools Foundation
Memo: C.A.N. Program
21005 S. School Rd.
P. O. Box 789
Peculiar, MO 64078

All monetary donations will be used by CAN committee to stock the pantry shelves.

TIME - Every week bags will be assembled for confidential distribution to students.

FOOD - Donated non-perishable food items. Students can drop in the barrels labeled "CAN - Caring About Nutrition" located at front entrances to the schools.

The Chamber of Commerce will also collect non-perishable food items at their office:

1000 W. Foxwood Drive
(Country Club Bank Building)
Raymore, MO 64083

DONATION SITE - Additional donation sites are always needed. If you have a site for a food barrel, please contact us!

C.A.N. Program Contacts

Jodie Huston
Raymore-Peculiar Public Schools
Foundation Director
816-892-1368
jodie.huston@raypec.org

Allison Bruflat
Canfoodprogram@gmail.com
816-265-0650

<http://www.signupgenius.com/go/10C0D45ADAD2EA7FE3-canweekly2>

