



Bye-Bye Bags

In addition to breakfast, lunch and a snack, we also distribute Bye-Bye bags to our children at the end of the day. These snack sacks provide additional nutrition when the children are away from Vogel Alcove, helping to bridge the gap between meals. We also use Bye-Bye bags when families drop by with hungry kids, or when we know one of our families will not be receiving dinner at their shelter.

The Bye-Bye bags consist of lunch-size paper sacks filled with a variety of shelf-stable snacks, a small bottle of water (or fruit juice), and plastic ware (if needed). Example snacks are noted below, but other items are welcome as well.

Two from this list:

- Goldfish crackers
- Cheese crackers (no peanut butter please)
- Individual-size boxes of cereal, such as Cheerios

One from this list:

- Can of Vienna Sausages (*this is not very popular*)
- Tuna salad kit (with crackers)
- Chicken salad kit (with crackers)
- Any kind of protein source (except nuts) that has a pull-tab top
- Beanie Weenies with a spoon (pull tab top)

Two from this list (please include a spoon if needed):

- Fruit cup
- Applesauce cup or squeeze packet
- Fruit strips/snacks

How Bye-Bye Bags Help Families

Here are a few of the many scenarios in which Bye-Bye bags have benefitted our children and families.

- Many of our families have a long commute from Vogel Alcove to their shelter, especially when riding DART. The snack bags keep children satiated and occupied on this journey.
- Reliance on public transportation can also make it difficult for our parents to pick up their children on time. When parents are running late, we can give the kids bye-bye bags so that they aren't hungry while they wait.

Volunteer Opportunities

Volunteers of all ages can play an active role in the Bye-Bye Bags project. Donation drives at your office, school, church or other location are a great way to collect snacks for the bags. Volunteers can also decorate the bags to add a personal touch. We often give **200 bags a day**, but any amount donated to Vogel Alcove will be appreciated. To get started on this fun and rewarding project, contact Jessica Grabowski, at 214-368-8686 x233 or jgrabowski@vogelalcove.org.