

BLESSINGS IN A BACKPACK – MAY 2016

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Blessings in a Backpack

prepares backpacks with food for needy children to take home for the weekend

Every Friday, more than 16 million American children, qualified under the federal Free and Reduce-priced Meal program, leave school uncertain if they will have food to eat over the weekend. In Frederick County [Maryland], 27% of students, over 11,000 children, are fed by the FARMS program, but what do they do on the weekends?

For many of the children we serve, lunch in school on Friday is often the last full meal they have before returning to school on Monday morning.

St. Michael's is collecting food and donations to help this organization meet the needs of the children. Please help how and as you can.

Food Donations

THEY ONLY ACCEPT FOOD THAT IS ON THIS LIST. Please adhere to the particulars.

- Rice-a-Roni – cups only – chicken
- Mac & Cheese – 7.25oz box – *no* micro cups
- Chef Boyardee Ravioli – 15oz can – *no* micro cups
- Cans of Tuna Fish – cans *only* – no packs or boxes
- Single-serve Instant Oatmeal packets
- Chicken Noodle Soup (old-fashioned, regular size)
- 2 bar/pkg. – Oats & Honey Granola Bars – *no* peanut bars
- Individual serving cups of fruit, applesauce or pudding – *no* squeeze packs
- Corn, green beans, red kidney beans or black beans – 15oz cans
- Ramen Noodles – cellophane packs – *no* micro cups

Monetary Contributions

Make checks payable to **Blessings in a Backpack** (not St. Michael's)

100% of the money raised goes to purchase food to feed the children. It costs only \$100 to feed a single child each week for an entire school year.

St. Michael's will be collecting food for Blessings in a Backpack the next
THREE Sundays (May 15, May 22, and May 29).

THE FOLLOWING IS EXCERPTED FROM THE *BLESSINGS IN A BACKPACK* FLYER

What do they do on the weekend?

The Frederick Chapter of Blessings in a Backpack, began distributing 210 weekend backpacks of food at one local school in January, 2014. Through the generous support of individual donors, corporate and foundation partners, social service organizations, and the faith community, As of March, 2016 BIAB will feed 1100+ students in 10 local schools. Our mission is to provide supplemental nutrition to local children who might otherwise go hungry on the weekends and during school breaks. We are also committed to raising awareness about childhood hunger in Frederick County and beyond.

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Children learn best when their needs are met.

For many of the children we serve, lunch in school on Friday is often the last full meal they have before returning to school on Monday morning.

It is well-established that children who receive proper nutrition over the weekend return to school better-prepared to participate and learn. The consequences of hunger are much more than a growling stomach. Poor nutrition results in a weaker immune system, increased hospitalization, lower IQ, shorter attention spans, and reduced academic achievement.

Most of the children we serve are fed under the federal free lunch and state-funded breakfast programs during the school week, but Blessings ensures that they're getting nutritional meals over the weekend, too. Providing children with breakfast, lunch and nutritional snacks for weekends and school breaks helps them achieve greater readiness for school, as well as a better opportunity to access the education offered by the school system. Together, we can make "the" difference