



Food4Kids

Kid's Backpack Program





Food 4 Kids - Backpack Program

ABOUT

Bonney Lake Food Bank provides kid-friendly food for the weekend to at-risk students during the school year.

Every Friday, non-perishable food sacks full of kid friendly food are provided to Bonney Lake students, so they can come back to school nourished and ready to learn.

We are excited to announce this program will be expanded through the summer and we need your help!



THE NUMBERS

- During the school year, we provide food sacks for approximately 200 students each week, for a total of 8000 food sacks per year.
- Through the summer, we plan to provide more than 200 weekly food sacks to children. Over the 12 weeks of summer, this equates to 2400 food sacks total.



VOLUNTEERING – TEAM BUILDING

Need a project for your group? This is a fun activity and a great way to engage in a service for your community!

- Friends
- Church groups
- Scouts or Camp Fire groups
- Senior groups
- High School Clubs
- Business – Team Building
- Anyone!





HOW DO THE FOOD SACKS HELP?



As we all know, good nutrition allows children to develop and grow. A lack of nutrition has lasting effects:

- Physical Effects - Lack of necessary vitamins and minerals affects child developmental milestones: Children may be shorter, underweight, have a lower immune system, or susceptible to more illnesses.
- Cognitive Effects - May have learning disabilities, trouble focusing, or lack of energy or motivation.
- Social Effects – Stigmatized or may feel embarrassed or ashamed coming early to school for breakfast or receiving ‘free’ lunch. May feel stress, anxiety, depression, or withdrawal. May affect positive interaction with peers and could result in fighting or stealing.

We also know that hungry children struggle academically and have poorer overall health.

- Come to school tired or cranky, resulting in behavioral or emotional issues. Cause classroom disruptions – affect the entire classroom, teacher attention, and overall education environment.
- Struggle academically with lower test scores. Poor attendance or frequent absenteeism because of health issues.
- May get bullied because physical, cognitive, or social development differences from peers; or using ‘free’ lunch or breakfast.

Providing nutritional food to kids struggling with hunger and food insecurity will help ensure they thrive and grow!



Food 4 Kids - Backpack Program

LET'S GET STARTED!

STEP 1: Notify the Food Bank

1. Email the food bank at info@bonneylakefoodbank.org and let us know you will be creating food sacks for students. You can also email with any questions.
2. Let us know how many sacks you will create. We would prefer the minimum amount to be at least 25, but feel free to do more!
3. Arrange a time to pick up the empty bags to make the food sack from the Food Bank.
4. Use the guidelines provided on the next page to help you know what to buy. Feel free to take the next page with you to the store while you shop!

STEP 2: Gather your Volunteers

It's more fun with a group! You will need a large table/s and a way to lay out the different types of food. See the diagram on page 7 for an example.

STEP 3: Gather Supplies

| Item | Info |
|---|--|
| Food | See the guidelines on the next pages for what to buy. |
| Bags— <i>Food Bank will supply</i> | Clear plastic bags are used to put the individual student food in – you will get these bags from the food bank. |
| Large Container or Boxes | Once the individual food bags are packed, put into container for transport to the Food Bank. You will get these back after drop-off. |





STEP 4: Purchase Food

Plan to make at least 25 food sacks

- Each sack serves one child.
- Leverage purchasing power:
 - Buy in bulk to reduce costs.
 - Buy items that are prepacked individually in a larger box (breakfast bars, juice boxes, single serve oatmeal, etc.).

GUIDELINES AND TIPS

1. **No expired food.** Look to purchase food that expires at least 3-months out.
2. **Each sack must include the same brand, type, and flavor of food.**
 - Providing every child the same option reduces envy among children and maintains nutritional consistency among menus.
 - This is done best by purchasing food as opposed to relying on food donation drives.
3. **No glass packaging.** No glass jars or other glass food containers, as these could break and compromise other food in the sack.
4. **No perishable food.** The food bank will supplement fresh fruit on delivery day.
5. **Items must be individually packaged.**
6. **No homemade items.**
7. **Only include easy open items – no tools required.**
 - Child must be able to prepare his/her own food; food in cans need to have pop-off tops that do not require a can opener.
 - Include foods that are ready to eat or require little to no cooking, as child may not have access to a kitchen, stove, or microwave.
8. **Canned fruit should be in individual servings (not 15 oz cans).** Cups and squeezers are fine.
9. **Fruit snacks count as snacks, NOT FRUIT.**
10. **Avoid buying potato chips.** They are easily smashed in the bag.
11. **Oatmeal packets are great!**



BONNEY LAKE
FOOD BANK

Food 4 Kids - Backpack Program

What to include in each sack

| | |
|--|--|
| <p>Each sack should include:</p> <ul style="list-style-type: none"> ▪ Breakfast (2 items) ▪ Lunch (2 items) ▪ Dinner (2 items) ▪ Snacks (2 items) ▪ Fruit and Vegetable (1 of each) ▪ Drinks (2 items) | <p>Sample Food Content Sack</p> <p>Breakfast</p> <ul style="list-style-type: none"> ➢ Instant Oatmeal pack ➢ Breakfast Bar <p>Lunch</p> <ul style="list-style-type: none"> ➢ Cup of Macaroni & Cheese ➢ Soup <p>Dinner</p> <ul style="list-style-type: none"> ➢ Can or cup of Ravioli ➢ Can or cup of Stew <p>Snacks</p> <ul style="list-style-type: none"> ➢ 100% Fruit Snacks or Fruit Leather ➢ Trail Mix <p>Fruit and Vegetable</p> <ul style="list-style-type: none"> ➢ Cup of mandarin oranges ➢ Veggie Straws <p>Drinks</p> <ul style="list-style-type: none"> ➢ Juice ➢ Shelf-Stable Milk |
|--|--|

Types of Items by Category

| Breakfast | Lunch | Dinner |
|--|---|---|
| <ul style="list-style-type: none"> ▪ Oatmeal Packets or Cups ▪ Breakfast Bars ▪ Cereal Cups | <ul style="list-style-type: none"> ▪ Tuna Fish (cups, packets) ▪ Canned Chicken ▪ Soup <ul style="list-style-type: none"> ○ Chicken Noodle ○ Tomato ○ Idahoan Loaded Potato Soup ▪ Beans & Franks ▪ Vienna Sausages ▪ Canned meat, pate | <ul style="list-style-type: none"> ▪ Beef Stew ▪ Chef Boyardee Pasta Cups <ul style="list-style-type: none"> ○ Ravioli ○ Spaghetti & Meatballs ○ Beefaroni ○ Lasagna ▪ Mac-n-Cheese in cups ▪ Idahoan Mashed Potato cups |

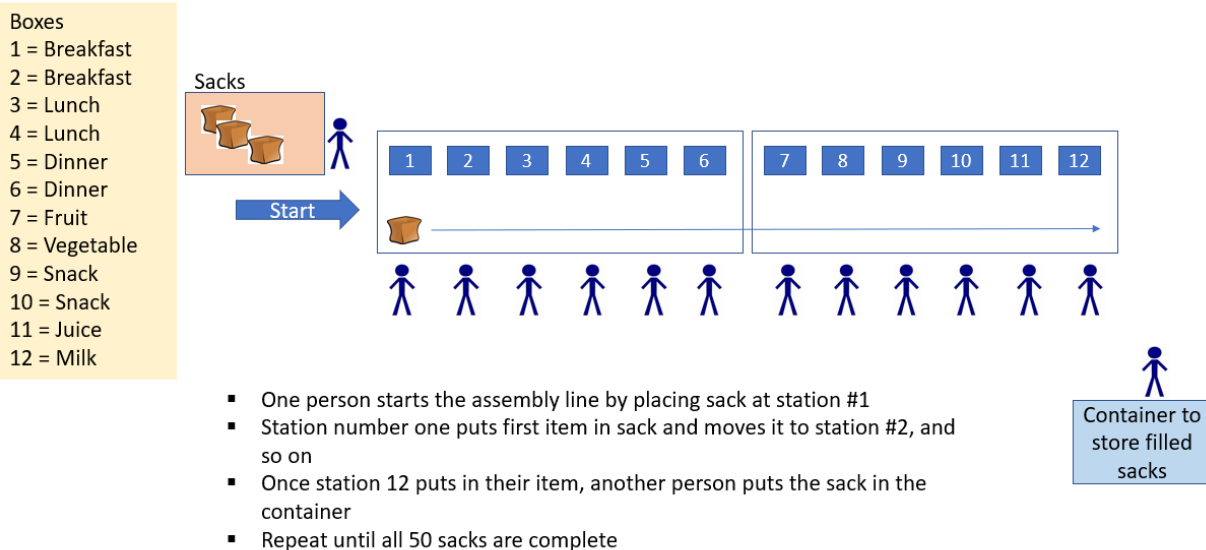
| Fruits / Vegetables | Snacks | Drinks |
|---|---|---|
| <p>Fruit</p> <ul style="list-style-type: none"> ▪ Fruit Chews or Leather (100% real fruit) ▪ Fruit in a cup ▪ Canned fruit (pears, peaches) ▪ Fruit sauce in cup or squeezer <p>Vegetables</p> <ul style="list-style-type: none"> ▪ Veggie Straws ▪ Sweets-n-Beets ▪ Green Pea Snap Crisps | <ul style="list-style-type: none"> ▪ Pudding or Jell-O cups ▪ Trail Mix ▪ Granola Bars ▪ Peanut Butter to go cups/packets ▪ Nuts ▪ Cookies ▪ Raisins or Cranberries ▪ Sleeve of crackers ▪ Peanut butter or cheese crackers ▪ Beef jerky packets ▪ Beef jerky sticks | <ul style="list-style-type: none"> ▪ Juice Box or Pouch ▪ Shelf-Stable White Milk or Chocolate Milk |



Food 4 Kids - Backpack Program

STEP 5: Packaging the Food

You can assemble sacks however you want, but the fastest and easiest way may be an assembly line – see below. Don't forget to tie bags closed when finished.



Note: If a large group – put boxes of items in middle of table and have people on both sides

STEP 6: Deliver to the Food Bank

Deliver between 8am – 12pm, on Tuesday.

18409 Veterans Memorial Drive, Bonney Lake

Any questions? Please email info@bonneylakefoodbank.org or call 253-863-4043.

Thanks for your willingness to help those in our community struggling with food insecurity!