WEEKEND FOOD PACKS

Poverty and hunger are among the many challenges some students face on a daily basis and often become a barrier to their success in school. Bright Futures Frederick/Winchester developed the weekend Food Pack Program to address the ongoing problem. The Food Pack Program aims to help families who experience food insecurity by offering a bag of food that children can take home with them on Friday to help get them through their weekend until their next school meal on Monday morning.

The Food Pack Program currently serves over 1,500 students at all grade levels in all Frederick County and Winchester City Public Schools each week.

Each food pack includes enough food to cover two breakfasts and two lunches. The food packs also include fruit, vegetables, and drinks. The food is all donated or provided by donated dollars and then purchased by Bright Futures.

Each month, over 5,000 food packs are provided to students. More than 40,000 non-perishable food items are needed monthly to meet the current need.

Each Food Pack is made possible by 100 percent volunteer manpower. Rotating teams of volunteers from community organizations come to Bright Futures to assemble the food bags.

Ready-to-eat Breakfast Items:

- Cereal treat bars
- Granola bars/protein bars
- Oatmeal (single serving - no large canisters)
- Pop-tarts
- Single-serve boxes of cereal (no large boxes)

Ready-to-eat Lunch Items: (nothing that requires a can opener)

- Beef stew/chili/etc. (single-serve pop-tops)
- Ravioli, Spaghetti-O's, etc. (pop-top and ready-to-eat)
- Ready to Eat Soup (soup on the go/soup at hand, etc.)
- Ready to Eat Meals (Campbell's ready meal for example)
- Canned Meat items: Ham, Chicken
- Canned Vegetables

Healthy, Child-Friendly Snack Food Items—Single Serve (no chips)

- Trail Mix, Pretzels, Chex-Mix, etc.
- Rice Crispy Treats, Oatmeal Cookies, Animal Crackers, Goldfish Crackers, etc.
- Popcorn
- Real fruit snacks
- All-natural fruit crisps
- Single-serve cookies
- Raisins/fruit/yogurt snacks

Food items should be something a child 5–18 years of age would eat.

Please—NO glass containers, NO expired food

FREDERICK/WINCHESTER BRIGHTfutures CONNECTIONS FOR SUCCESS

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