

Adopt-A-BackPacker

IT'S EASY!

A one-time donation of \$100 will supply one child on the BackPack Program with a bag of food each week for an entire school year. Each bag contains 8-12 kid-friendly food items such as: single-serve beef stew or chicken, shelf-stable milk, cereal, vegetable cup, cheese or peanut butter crackers, fruit cup, pudding cup, etc. The purpose of the BackPack Program is to provide a supplemental food source to children who are at-risk of being hungry on the weekends when school meals are unavailable and resources at home are limited.



To learn more, contact Pam at Feeding America or visit FAKH website.

How To Help



Donations for the BackPack Program can be mailed to Feeding America, Kentucky's Heartland at the address below or you may visit us on the web for an online, one-time contribution or recurring credit card donation.

**Please note 'BackPack Program' on your donation memo for proper designation of your gift.*

**Build-A-Bridge
Food Drive**



(Bridging the gap between child hunger and academic challenges)

You can also help by conducting a food drive collecting foods for the BackPack Program. To learn more, visit our website or contact Pam Alicna 769-6997.

For further information about starting the BackPack Program in your local schools, please contact:

MILISSA FRENCH

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BackPack Program



Feeding Our Future

A program of

**FEEDING™
AMERICA**
Kentucky's Heartland

* Partnering with County Coordinating Agencies and School Systems to provide children in need with 8-12 take-home food items at the end of each week when school meals are unavailable

BackPack Program



**HAVE YOU
EVER BEEN
HUNGRY?**

Have you ever gone a whole day without food? Two days?

Sadly, many children are going an entire weekend with little or no food when a school meal is not available.

One child stated, "It's food we can eat when we don't have enough money to pay our electric bill and the lights go off."

Children who are suffering from food insecurity do not perform well academically, display unacceptable behavior and have poor attendance due to illness or reasons unexcused.

Fortunately, *Feeding America, Kentucky's Heartland* continues to 'feed our future' by offering the Backpack Program in hope of alleviating childhood hunger. Nutritious, easy-to-prepare foods are sent home in a child's backpack at the end of each week to ensure they have something to eat until they return for breakfast on Monday morning.

Identifying a HUNGRY CHILD



Physical Appearance

- Extreme thinness, dry/cracked lips, itchy eyes

School Performance

- Excessive absences
- Short attention span
- Complaints of not feeling well
- Inability to concentrate
- Behavior problems (hyperactive, irritable, anxious, withdrawn, etc.)
- Poor academic status
- Regularly asking for extra food and rushing food lines
- Stating there is never enough food in the house

Home Environment

- Often cooks own meal or has sibling who does
- Moves frequently
- Loss of household income
- Family crisis



According to the 2010 Kids Count Data Book, 25% of Kentucky's children live in poverty.

Mission



The mission of the Backpack Program is to meet the needs of hungry children by providing them with nutritious and easy-to-prepare food to take home on weekends and school vacations when other resources are not available.

"A hungry child does not learn, becoming an adult who struggles to earn... not earn."