

# FEED OUR FAMILIES

In our community free and reduced lunch rates were 86% at Lincoln Elementary School and 89% at Discovery Community Schools. This means the total family income is below \$21,000 for the vast majority of families at these schools. Providing nutritious and easy to prepare food for local kids alleviates food insecurity over the weekends and keeps kids healthy and prepared to learn.

## THE PROJECT

- Collect or buy the necessary food items. Make sure food is easy to prepare and does not require a can opener.
- Fill gallon size bags with food items.
- If you'd like, add a note of kindness.
- Take a photo of you, your team, and your donations and send to Mary Krippner at [mkrrippner@unitedwayhelps.org](mailto:mkrrippner@unitedwayhelps.org) to share and inspire our community.

## REFLECTION

- What snacks did you enjoy eating when you were a child?
- Have you ever tried to work or concentrate while you were hungry? Did it make it more difficult to work and focus on what you were doing?
- How did collecting food and assembling the bags impact your life? How will it impact the child you help?

**TAKE ACTION** Choose one of the projects below and assemble snack packs and meal bags. Deliver to United Way to be distributed to those in need in Central Minnesota.

### Kids Snack Packs

Individually packaged cereal cups	Raisins
Fruit snacks	Veggie/fruit cup
Oatmeal packets	Mac n' Cheese
Granola Bar – Peanut or Almond	Plastic spoons/forks
Applesauce Cup (natural/no sugar)	Peanut butter and crackers
Microwave popcorn	Note of encouragement
Chicken Noodle Soup	toothbrush
Variety Nut pack	

### Meal in a Bag

(In a large bag, assemble one of the following )

Spaghetti noodles, sauce, pot, stirring spoons, plates, and forks  
Peanut butter, Jelly, bread, and butter knife  
Oatmeal, bowls, and spoons  
Cereal, shelf-stable milk, bowls, and spoons  
Cans of soup, saltine crackers, bowls, and spoons  
Other non-perishable meal ideas