



OZARKS FOOD HARVEST

WEEKEND BACKPACK PROGRAM

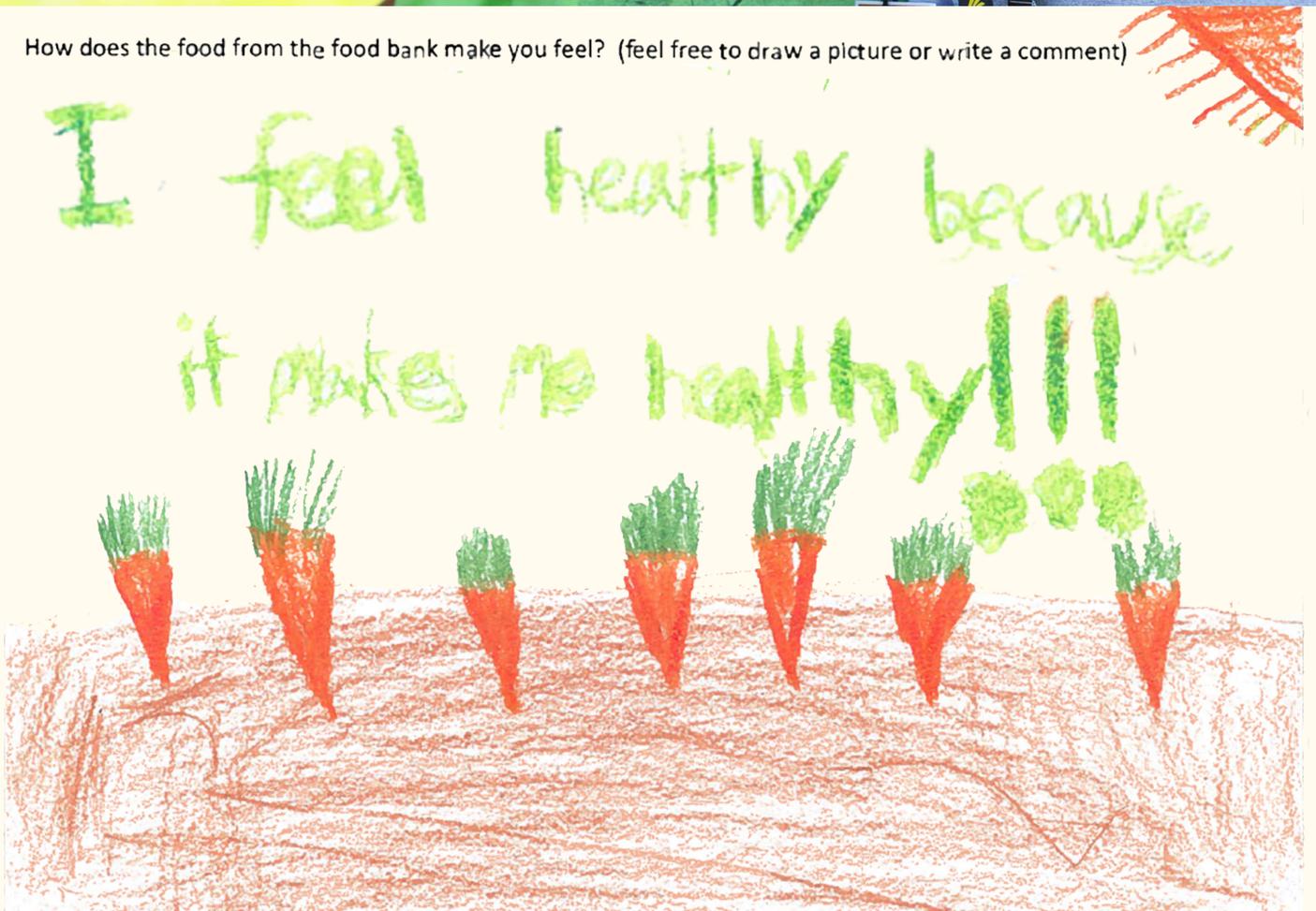
Thank you so much for
feeding my family when
we needed it. You have been
our hope so we thank you
from our hearts!

Love,
Edith

OUTDOORS
EQUIPMENT



How does the food from the food bank make you feel? (feel free to draw a picture or write a comment)



WEEKEND BACKPACK PROGRAM

1 in 5 kids in the Ozarks are food insecure

Thousands of children in the Ozarks don't know where their next meal will come from, and some end up going to bed hungry. Many of these children rely on free and reduced school lunches, but when those meals aren't available on the weekends, these children go home to empty cupboards.



But there's hope. Ozarks Food Harvest's *Weekend Backpack Program* provides local children food bags to take home during the school year. Teachers, counselors and nurses report that kids who receive these bags show improved comprehension, attendance, self-esteem, health and grades.

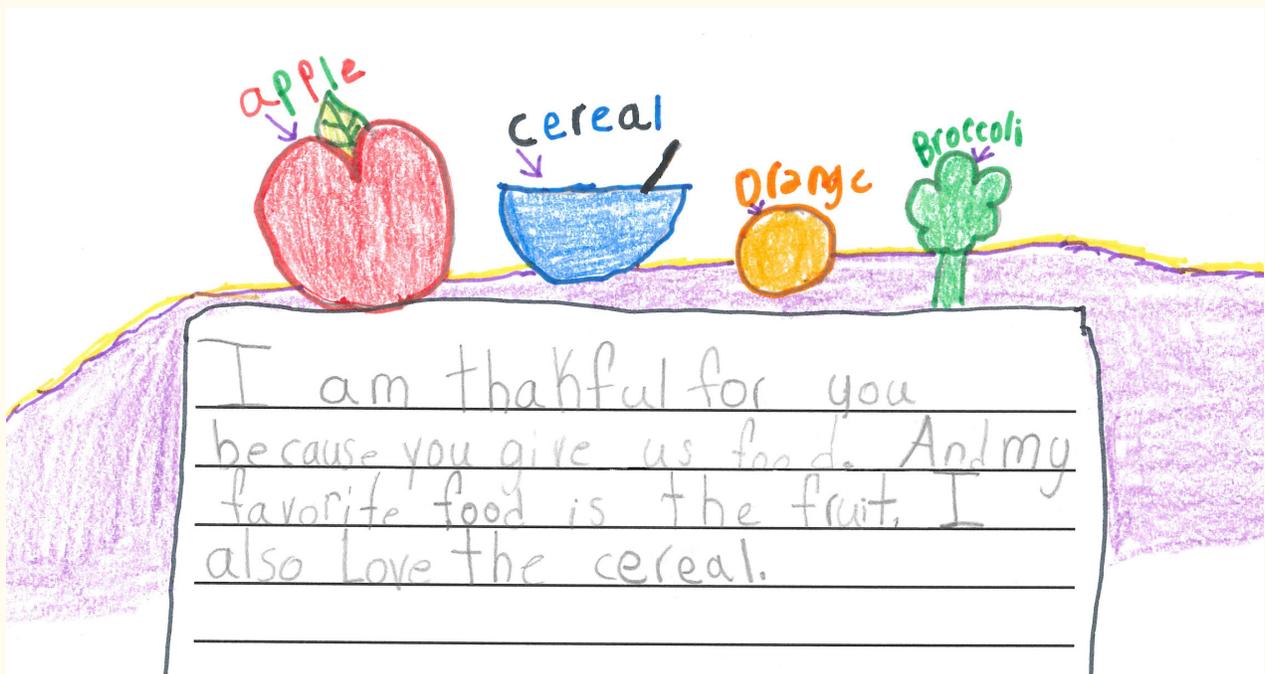
Weekend Backpack Program gives hope to children struggling with hunger

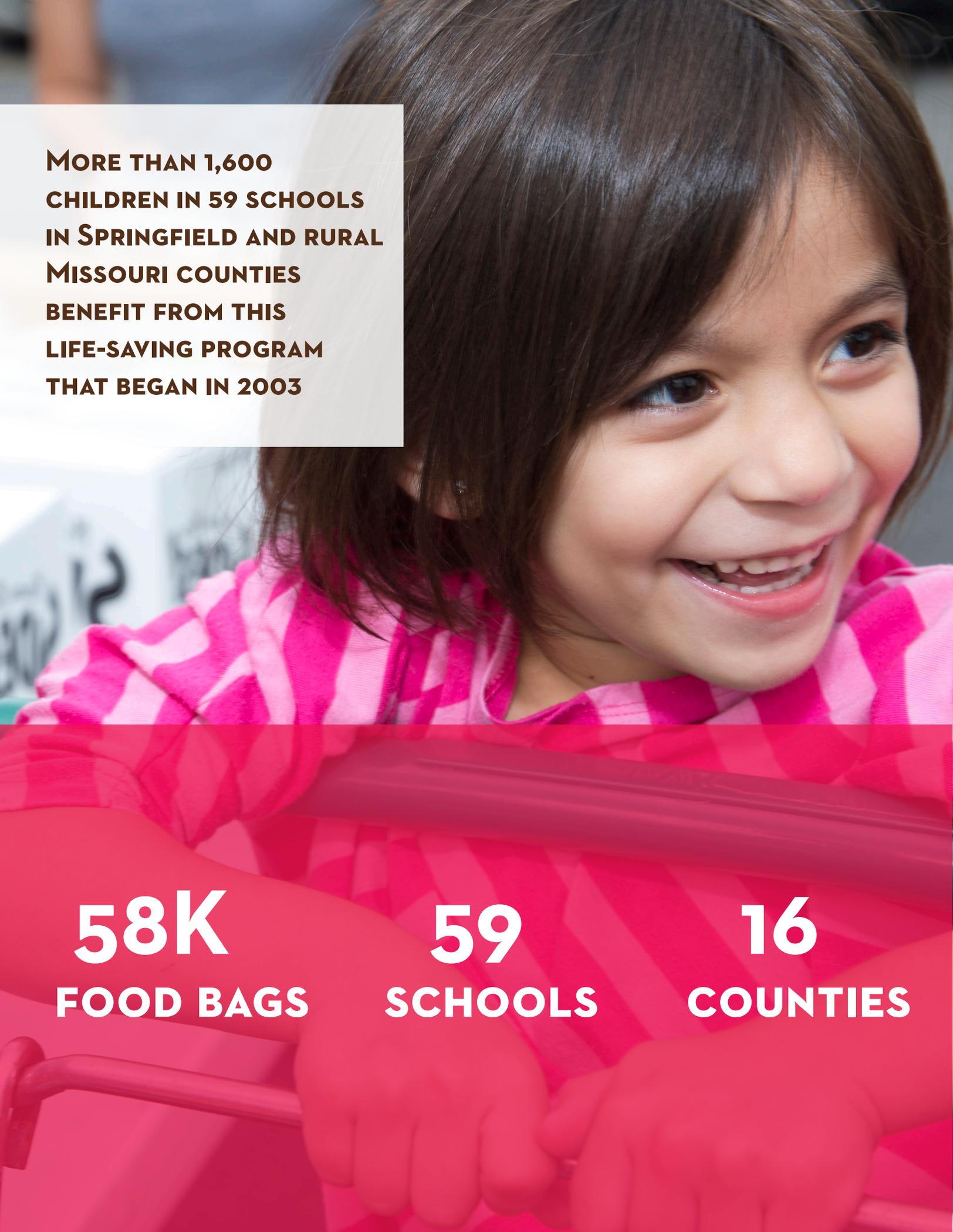
The Food Bank's *Weekend Backpack Program* provides kids with a bag of child-friendly food items to take home every Friday during the school year. Ozarks Food Harvest was one of the first food banks in the country to establish a *Backpack Program*, which is now offered at nearly every Feeding America food bank in the country.

Children experiencing hunger have difficulty concentrating, are often sick, socially withdrawn or rebellious and less likely to excel academically.

Thank you for giving us
the food bags we needed the
food bags because we have
no food.

from
Jayden





**MORE THAN 1,600
CHILDREN IN 59 SCHOOLS
IN SPRINGFIELD AND RURAL
MISSOURI COUNTIES
BENEFIT FROM THIS
LIFE-SAVING PROGRAM
THAT BEGAN IN 2003**

58K

FOOD BAGS

59

SCHOOLS

16

COUNTIES

PARTICIPATING SCHOOLS

Springfield schools

- Bingham Elementary
- Bissett Elementary
- Bowerman Elementary
- Boyd Elementary
- Campbell Elementary
- Carver Middle
- Cowden Elementary
- Delaware Elementary
- Fremont Elementary
- Holland Elementary
- Horace Mann Elementary
- Jeffries Elementary
- McBride Elementary
- Pershing Elementary & Middle
- Pipkin Middle
- Pittman Elementary
- Pleasant View Elementary & Middle
- Portland Elementary
- Robberson Community School
- Shady Dell ECC
- Sherwood Elementary
- Shining Stars ECC
- Sunshine Elementary
- Truman Elementary
- Wanda Gray Elementary
- Watkins Elementary
- Westport Elementary & Middle
- Williams Elementary
- York Elementary

Outlying schools

- Bakersfield
- Bronaugh
- Central Park Elementary (Monett)
- Columbian Elementary (Carthage)
- Crane Elementary
- Exeter
- Fair Play
- Fairview Elementary (Carthage)
- Hartville Elementary
- Hollister Elementary
- Hubble Elementary (Marshfield)
- Humansville
- Hurley
- Ivring Elementary (Joplin)
- Lutie (Theodosia)
- Mallory Elementary (Buffalo)
- Marion C. Early (Morrisville)
- Monett Elementary
- Mt. Vernon Elementary
- Northeast Vernon County (Schell City)
- Richards (West Plains)
- Roscoe (Osceola)
- Sheldon
- Southwest Elementary (Washburn)
- Skyline (Norwood)
- Thornfield
- Winona

CONTENTS OF FOOD BAG

Feeding hope one backpack at a time

Each food bag includes meals for two breakfasts, two lunches, two dinners and two snacks, plus beverages.

All of the food bags are assembled by volunteers at Ozarks Food Harvest and delivered to schools, in bulk, by Food Bank drivers.

Examples of items offered

- Breakfast bar
- Oatmeal
- Chicken salad
- Sunbutter
- Vegetable soup
- Hummus
- Pretzels
- Macaroni in meat sauce
- Mixed vegetables
- Fruit cups
- Milk
- Chocolate milk
- Cookies





the food is helping me, because
my Dad is working as much
as he can, but it
isn't enough. This is why
we need help from you.
Levi 10

You are ...
SPECIAL
You are I♥ved!



VOLUNTEER OPPORTUNITIES

Your support will help thousands of kids in the Ozarks

Give Money

A \$10,000 gift will provide *Weekend Backpacks* for one school for an entire year. The Food Bank uses only four cents of every dollar for administration and fundraising expenses, earning OFH the highest rating from Charity Navigator. Send your donation to Ozarks Food Harvest, P.O. Box 5746, Springfield, MO 65801, or give securely at ozarksfoodharvest.org/donate.

Give Time

At The Food Bank, volunteers pack food bags for distribution to kids across the Ozarks. Join the team and help pack bags during evening and weekend sessions. Submit your online application at ozarksfoodharvest.org/volunteer.

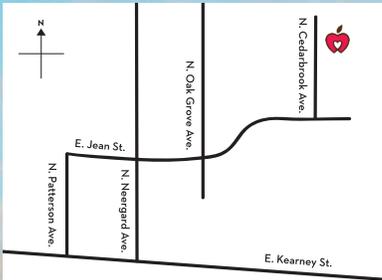
Give Hope

Each food bag provided to area children includes a Hope Note. These encouraging thoughts and pictures remind children they are not alone and people across the Ozarks care about them. Email Jo Thompson at jthompson@ozarksfoodharvest.org to learn how you can get involved.





I am thankful that I
get food from school. So my
family can eat and my
favorite food i get is cans
of peaches. two cans of them.



Physical address:
O'Reilly Center for Hunger Relief
2810 N. Cedarbrook Ave.
Springfield, MO 65803

North on Neergard from Kearney,
between Glenstone & US 65

Mailing address:
P.O. Box 5746
Springfield, MO 65801-5746

(417) 865-3411 phone

(417) 865-0504 fax

ozarksfoodharvest.org

