

PASCO PACK-A-SACK FOOD 4 KIDS

Pasco Pack-A-Sack Food 4 Kids is a kid-friendly school-based program organized by One Community Now, Inc. to help address chronic hunger among school-age children in Pasco County, Florida. One Community Now is a faith-based community organization that focuses on recruiting local churches, businesses and organizations to adopt their local school and provide food for teacher-identified chronically hungry children over the weekend and extended breaks.

In 2014, 36,000 children were eligible for free and reduced-price meals in Pasco County Schools. These children receive breakfast and lunch every day they go to school. It is estimated that 20% of these children, or nearly 7,000 are chronically hungry or food insecure and have little to no food to eat when they are not in school.



“Money is hard to come by and the Pack-A-Sack helps us so much on the weekends when we can’t afford extra food. We appreciate Gulfside Elementary School and Generations Christian Church for providing the extra food for our kids.”

-Pack-A-Sack Parent

Getting Involved Is As Easy As 1, 2, 3

Become a Pasco Pack-A-Sack School Partner

If you are a school in Pasco County and have students who are food insecure, please contact us about getting your students enrolled in Pack-A-Sack.

Duties of the Partner School include:

1. Identify children in need
2. Send home permission slips to parents to enroll the child
3. Distribute filled sacks to the children each week

Become a Pasco Pack -A- Sack Sponsor

Churches, individuals and organizations are needed to adopt a local school and begin collecting donations for food packs.

Duties of the Sponsor include:

1. Select the school and decide how many children you can sponsor
2. Purchase and pack food items for the Pack- A -Sacks
3. Deliver the filled packs to your school

Donate to Pasco Pack -A- Sack

Tax-deductible financial donations can be made online at onecommunitynow.com or mailed to:

1540 Little Road, Trinity, FL 34655

For more information, please contact Patti at info@onecommunitynow.com or call

727-375-8801 ext. 2232.



**You Can Help Fight Hunger
and Food Insecurity
One Kid and One School
at a Time!**



FOOD INSECURITY

The U.S. Department of Agriculture defines food insecurity as households that are uncertain of having or unable to acquire enough food to meet basic needs of all their members because of insufficient money or resources. When the guardian of a child has to choose between food and other necessities, such as having electricity shut off because there is not enough money, it is an indicator of food insecurity.

Children will not necessarily tell you that they do not have enough food at home, but observation of patterns and/or behavior will set them apart. For example, a chronically hungry child will be anxious for a meal to be served; may rush the cafeteria line or show up early for breakfast; will eat any food placed before them; and may linger around for a second helping or even ask for more food.

PHYSICAL APPEARANCE OF A FOOD INSECURE CHILD

Certain physical features are indicators of vitamin and/or food deficiencies: puffy and swollen skin can be due to a protein deficiency; a very thin child whose bones are starting to protrude may have a lack of protein and calories; redness around the lips and/or cracked lips; dry and itchy eyes can be a sign of a vitamin A deficiency. The weight of a child isn't always a sure indication of food insecurity. Some obesity is caused from poor nutrition in the diet of a child.



PASCO PACK-A-SACK FOOD 4 KIDS EACH BAG CONTAINS:

10 to 12 different food items designed to provide nutrition and calories for chronically hungry school children on weekends. Each sack of food costs approximately \$4.

Kid-friendly foods that require no preparation. Kids can just “open and eat.”

Examples:

- Peanut Butter (12oz Jar)
- Sleeve of crackers
- Beef Jerky (1 oz)
- Cereal (1 oz bowl or box)
- Fruit Cups (peaches, applesauce, etc.)
- Milk (aseptic boxes that do not require refrigeration)
- Pudding Cups
- Juice Boxes (apple, orange, etc.)
- Raisins (snack-size boxes)
- Cereal Bars/granola bars

“Thank you so much for having Pack-A-Sacks for the kids. My son gets so excited every Friday when it’s time to pick up his sack. It’s so nice not to have to worry about food over the weekends.”

-Pack-A-Sack Parent

SCHOOL PERFORMANCE/ BEHAVIOR OF A FOOD INSECURE CHILD:

The school performance of a child can indicate there are problems at home with food insufficiency. Examples: Excessive absences due to sickness or unexcused; Hyperactive, aggressive, irritable, anxious, withdrawn, distressed, passive/aggressive; Repetition of a grade; Difficulty in forming friendships; Sickness—sore throat, common cold, stomach ache, ear infection, fatigue; Short attention span, inability to concentrate.

Difficulty with several of these symptoms can seriously impact a child’s ability to learn and master educational material handicapping them down the road.

“The Pack-A-Sack meals are an absolute Godsend. Our family is facing tough times, as many in our community are. The children are excited to receive their sacks on Fridays, and it is a peace of mind thing to know that I can feed my children. I appreciate the program you have and am grateful to have the help. Thanks again for the great work of this program.”

-Pack-A-Sack Parent

