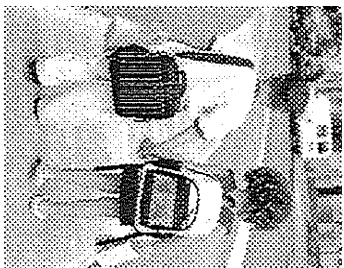


## Adopt-A-BackPacker

That's right, a one-time donation of \$50 will supply one child on the BackPack Program with a bag of food each week for an entire school year (40 weeks). Each bag contains at least 8 kid-friendly food items such as: pop-top beef stew or chicken, shelf-stable milk, cereal, cheese or peanut butter crackers, Jell-O 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. The time to help is now!



## How To Help

Donations for the BackPack Program can be made through Feeding America, Kentucky's Heartland. Donations can be mailed to 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.*

\*Kentucky ranks 14th highest in the nation for food-insecure children under 18 years of age.  
(Statistics provided by Feeding America)

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

### MILISSA FRENCH

Programs Coordinator/  
Development Assistant

313 Peterson Drive

Elizabethtown, KY 42701

Phone: 270-769-6997

Toll-Free: 877-532-2767

Fax: 270-769-9340

[www.feedingamericaky.org](http://www.feedingamericaky.org)

**FEEDING AMERICA**  
Kentucky's Heartland  
**LIVE UNITED**

## BackPack Program



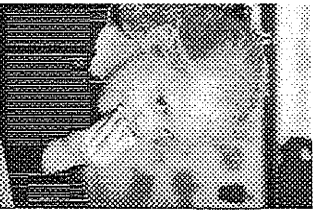
## Feeding Our Future

A program of

**FEEDING AMERICA**  
*Kentucky's Heartland*

\* Partnering with the County Coordinating Agencies and School Systems to provide children in need with a bag of nutritious take-home food at the end of each week

# BackPack Program



HAVE YOU  
EVER BEEN  
HUNGRY?

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

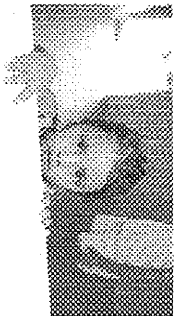
Sadly, many children are going an entire weekend with little or no food when a school meal is not available.

One child reported eating crayons in class to feel full, knowing there would not be food to eat at home.

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* offers the Backpack Program to help alleviate 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

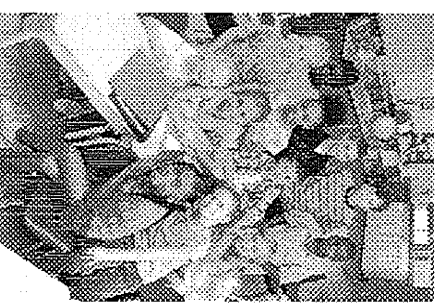
### Home Environment

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



*According to the 2006 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.

*"If we can conquer space, we can conquer childhood hunger."*

—Gene Aldrin, Astronaut



# ADOPT-A-BACKPACKER

No child should ever face food-insecurity

**A hungry child  
cannot learn**

## YES! I want to Adopt-A-BackPacker for an entire school year.

My BackPacker will receive a bag of food every week for an entire school year; 40 weeks!

- \$80 one-time gift (feeds 1 child)**
- \$7 monthly gift (\$7/month x 12 months feeds 1 child)**
- I want to feed more than one child \$ \_\_\_\_\_**

### Participating Counties:

Barren	Logan
Breckinridge	Marion
Caldwell	McCracken
Carlisle	Meade
Casey	Metcalfe
Clinton	Muhlenberg
Edmonson	Nelson
Fulton	Ohio
Graves	Russell
Grayson	Simpson
Green	Taylor
Hardin	Trigg
Hart	Warren
Hickman	Washington
Larue	Wayne

- I want to adopt a child in the county with the greatest need.
- I want to adopt a child in \_\_\_\_\_ County.

**MAKE CHECKS PAYABLE TO:**  
 Feeding America, Kentucky's Heartland  
 P.O. Box 821  
 Elizabethtown, KY 42702

**ONLINE DONATIONS ACCEPTED AT:**  
[www.feedingamericaky.org](http://www.feedingamericaky.org)  
 (click "Donate Now")



**FEEDING  
 AMERICA**  
 Kentucky's Heartland

*\*We respect your privacy.  
 Information is kept confidential.*