



Empower. Educate. Feed.

The Power Packs Project is designed to help families stretch their grocery money, prepare low-cost, nutritious meals for their families over the weekend and have their children fed well and ready to learn and thrive for the rest of the week.

**EACH THURSDAY, YOU WILL RECEIVE:**

- A recipe and the main ingredients to make one weekend meal.
- 8-9 grocery items, including protein and fresh produce
- Helpful tips for healthy living
- And milk every 2-3 weeks

**WHAT YOU MUST DO TO PARTICIPATE**

- Qualify for free and reduced price school lunches
- Fill out and return the Participant Agreement and accompanying Declaration of Need form
- Pick up your Pack on time each Thursday at the designated site
  - *If a participant does not pick up for two consecutive weeks without prior notice or four weeks over the course of the year, that family may be removed from the program*

**POWER PACKS DISTRIBUTION BEGINS THURSDAY, SEPTEMBER 24**