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**BACKPACK FOOD PROGRAM  
MCCREARY CENTRAL HIGH SCHOOL  
YOUTH SERVICE CENTER  
2020-2021 SCHOOL YEAR**



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**What is the BackPack Food Program?**

The BackPack Food Program provides children with a bag of child-friendly, nutritious food to take home before school dismisses for the weekend or holiday break. While every child has access to nutritious breakfast and lunch during school, the same cannot be said for weekends and school breaks. The BackPack Food Program was developed to help ensure that every child has access to nutritious food when school is out. Studies have shown that children that eat nutritious meals over the weekend return to school ready to learn on Monday morning.

**When will my child receive food?**

Food bags are distributed on Fridays at break or the last day of school to a long weekend.

**What does the food bags contain?**

Food bags contain child-friendly, single-serving, non-perishable items for breakfast, lunch, dinner and snack each day during the weekend. Some items may include: cereal, instant oatmeal packets, microwavable pasta bowls, crackers, granola bars, fruit cups, snack mixes, pudding cups, etc.

**Is the food for my family?**

No. The food bags are intended to feed your child. Providing enough food for the entire family would exceed the safe weight a child should carry in their backpack.

### **Where can I get food for the rest of my family?**

If you need immediately help, the Christian Care Center in the South Fork Center can provide emergency food assistance. Contact Sue Singleton @ (606) 376-8742 between the hours of 10 a.m. and 2:0 p.m. from Monday through Thursday.

Also, Crossroads Community Church provides daily meals and weekly food give away @ The Lord's Café. Contact Grant and Gina Hasty.

### **Will anyone else know that my child is receiving food?**

Only the program administrators and your child's teacher will know.

### **Is there any cost to you for receiving a food bag?**

No.

### **Who is responsible for the backpack that is sent home?**

Both the child and the parent/guardian. The benefitting child learns responsibility for taking care of their backpack. They are responsible for bringing the backpack back to school in excellent condition in order to be refilled each week.

### **Who should enroll in the Backpack Food Program?**

If it's a struggle to provide meals because of financial hardships, please consider enrolling your child. If your child is already enrolled in the reduced-rice or free meal program at school or would benefit from consistent nutritious food, please consider enrolling your child to help provide nutritious meals on weekends. No financial documents are required to enroll.

### **Who is paying for the Backpack Food Program?**

The Backpack program is funded through private donations; along with

### **How can I help?**

- Volunteers are needed to sort, pack and help handout food bags.
  - **Must have VIP's documentation on file with McCreary County Board of Education**
- Food drives are also great way to help.

If you are interested in helping, please contact the McCreary Central High School Youth Service Center @ (606) 376-5622.

# BACKPACK Food Program

## To Sign Up ...

To take advantage of this program, please fill out the form below and return it during McCreary Central High School registration dates or to the Youth Service Center, room 300.

Enrollment is ongoing and will be accepted anytime during the 2020-2021 school year.

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Please send food home with my child: \_\_\_\_\_  
(print name)

My child has food allergies, please list: \_\_\_\_\_

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My child has dietary restrictions, please list: \_\_\_\_\_

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Parent/Guardian Signature: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date: \_\_\_\_\_

Do you have children that are enrolled in this or any other schools? If so, please list their names and the school they attend:

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If you have any questions about the Backpack Program,  
please contact Marlo Sumner @ (606) 376-5622 or [marlo.sumner@mccreary.kyschools.us](mailto:marlo.sumner@mccreary.kyschools.us)