



FOR IMMEDIATE RELEASE
MEDIA ALERT – Friday, December 15, 2023
Fargo Public School District #1

FORWARD FOUNDATION AND POWER PLATE MEALS TEAM UP TO PROVIDE HOLIDAY MEALS FOR MORE THAN 700 FPS STUDENTS

More than 700 families of Fargo Public Schools students will have a special holiday meal thanks to Forward Foundation and Power Plate Meals.

WHAT: Forward Foundation and Power Plate Meals Holiday Meal Bags
WHEN: **Monday, December 18**
WHERE: All Fargo Public Schools school buildings
CONTACT: **Dr. Jen Sahr**, Assistant Director of Educational Justice, 701.446.1028 or sahrj@fargo.k12.nd.us; OR **Seth Houkom**, Power Plate Meals CEO, 701.361.8584 for more information.

Forward Foundation and Power Plate Meals are partnering to provide holiday meal bags to more than 700 Fargo Public Schools students and their families. Meals will be distributed at school buildings across the District on Monday.

Each meal bag from Power Plate Meals feeds a family of 4-6 people. The meals include a protein selection, mashed potatoes and gravy, vegetables, dinner rolls, and a dessert.

Power Plate Meals will deliver the bags of meals to schools from 8 a.m. to 1 p.m. on December 18 and school staff will distribute the meal bags to students experiencing food insecurities.

Forward Foundation, founded in 2012, serves children, their families, and organizations that benefit children in communities served by Bank Forward, Insure Forward, Invest Forward and Tax Forward. Power Plate Meals is a healthy, ready to eat meal prep company that provides fresh, flavor-packed meals for busy individuals and families.

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