



**FOR IMMEDIATE RELEASE**  
**MEDIA ALERT** – Friday, December 16, 2022  
**Fargo Public School District #1**

## **FORWARD FOUNDATION AND POWER PLATE MEALS TEAM UP TO PROVIDE HOLIDAY MEALS FOR MORE THAN 1,000 FPS STUDENTS**

More than 1,000 families of Fargo Public Schools students in need 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 19 and Tuesday, December 20 (schedule below)**  
**WHERE:** All Fargo Public Schools school buildings  
**CONTACT:** **Jen Sahr**, Student Wellness and Family Facilitator Supervisor, 701.446.1028 or [sahrj@fargo.k12.nd.us](mailto:sahrj@fargo.k12.nd.us) for more information.

Forward Foundation and Power Plate Meals are partnering to provide holiday meal bags to more than 1,000 Fargo Public Schools students and their families. Meals will be distributed at school buildings across the District on Monday, December 19 and Tuesday, December 20.

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 help with distribution at some schools, while others will be handled completely by school staff.

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.

The following schools will receive their school's meal bags **between 10:30 a.m. and 1 p.m.** on **December 19**. School personnel will distribute them to the students/families:

- Davies High School
- Bennett Elementary School
- Centennial Elementary School
- Clara Barton Elementary School
- Eagles Elementary School
- Explorer Academy School
- Horace Mann Elementary School
- Kennedy Elementary School
- Madison Elementary School
- Roosevelt Elementary School
- Ben Franklin Middle School
- Carl Ben Eielson Middle School
- Dakota High School

The following schools will receive their school's meal bags **between 10:30 a.m. and 1 p.m.** on **December 20**. School personnel will distribute them to the students/families:

- Virtual Academy (Distributed at District Office)
- Early Childhood Special Education at Agassiz
- Ed Clapp Elementary School
- Hawthorne Elementary School
- Longfellow Elementary School
- McKinley Elementary School
- Washington Elementary School
- North High School
- South High School
- Discovery Middle School

The following are distribution locations by date. The time provided is their school's dismissal time.

<b>December 19, 2022</b>	<b>December 20, 2022</b>
1. Lincoln Elementary - 2:27 p.m.	1. Jefferson Elementary - 2:27 p.m.
	2. Lewis & Clark Elementary - 2:27 p.m.

[END]