How's the program going?

Each year, Washington County Public Schools sends out a survey to students, teachers, and parents involved with Micah's Backpack to find out how the program is going. In a recent survey, the parents responded as follows:

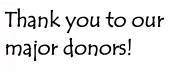
77% reported that their child does better in school since receiving the backpacks

62% reported their child being less sick since getting the extra food

63% reported the backpack food allows them to be able to pay other bills

68% reported their child was absent in school I less often

95% of school personnel reported this program cultivates a more positive relationship between students and school personnel.



Maryland Food Bank

Alice Virginia and David W. Fletcher Foundation

BCT Cares Foundation

United Way of Washington County, MD

Irving M. Einbinder Foundation

Nora Roberts Foundation

The Mathias Washington County Trust Richard N. Funkhouser Foundation James & Melinda Marsden W Lee and Rosalie M Foundation

Current sponsors:

America's Hauling for Hope
Bethel United Methodist Church
Brownsville Church of the Brethren
Church of Jesus Christ of Latter-day Saints
Concordia Lutheran Church
Crossroads Church

Emmanuel United Methodist Church

Evangel Baptist Church

Grace United Methodist Church

First Christian Church

Hagerstown Church of the Brethren

Hagerstown Church of the Nazarene

Haven Lutheran Church

Hilltop Fellowship Church

Hollowell Brethren in Christ

Interfaith Service Coalition

John Wesley United Methodist Church

Marsha Green & Family

Maugansville Bible Brethren

Mt. Moriah Lutheran Church

Otterbein United Methodist Church

Paramount Brethren in Christ

Presbyterian Church of Hagerstown

Redeeming Grace Church

Rehoboth United Methodist Church

Ringgold Church

Salem Lutheran Church

Shiloh United Methodist Church

Smithsburg Valley Church

South Washington County Food Pantry & Churches

St. Andrew Presbyterian Church

St. Andrew's Episcopal Church

St. Ann Catholic Church

St. James School

St. John's Episcopal Church

St. John's Lutheran Church

St. Joseph Catholic Church

St. Maria Goretti High School

St. Mark's Episcopal Church

St. Mark's Lutheran Church

St. Paul's Lutheran Church, Funkstown

St. Paul's Lutheran Church, Smithsburg

Trinity Lutheran Church, Hagerstown

Trinity Lutheran Church, Smithsburg

Unitarian Universalist Church of Hagerstown

Williamsport United Methodist Church

Zion Lutheran Church

Zion Reformed United Church of Christ

Micah's Backpack

Healthy meals for the weekend

A community ministry sponsored by churches and organizations in Washington County, Maryland



"If we don't have extra money to buy food, we use bill money. With Micah's Backpack, we can pay our bills and still get food."

 child who participates in the Micah's Backpack program

Background

Many families struggle to eat healthy meals and snacks every day. Micah's Backpack is a ministry that helps food-insecure children eat more healthy meals and snacks through a partnership between their school and a local sponsoring church or organization.

The program was initiated by St. Michael Lutheran Church in Blacksburg, Virginia, and brought to Washington County by Trinity Lutheran Church in 2010 with the Biblical basis of Micah 6:8: "He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God."

In 2012, Hagerstown Area Religious Council (HARC) joined the effort to bring additional sponsors to the program and seek grants. Maryland Food Bank Western Branch also partnered to provide low-cost food options.

The program has grown to serve more than 1,050 children in 36 schools. We welcome all organizations to participate and serve all children who need the program, regardless of faith background.



Who can I contact?

Carol Brashears, Trinity Lutheran Church 301-791-0344 / brash115@aol.com

Kathy Powderly, HARC 301-842-4272 / director@harccoalition.org

Who can participate?

Eligible elementary school students and homeless middle and high school students are identified by designated school personnel, such as the school counselor or social worker. A staff member is chosen at each participating school to coordinate with the sponsoring church(es) or organization(s) to identify eligible students and distribute the bags each week.

Program participation is kept as confidential as possible. A parent or guardian must return a signed permission form for their child to participate. This form is provided by the elementary school principal or the school liaison (not required for middle and high school).

How can I help?

Sponsoring churches and organizations are always needed! Each Micah's Backpack sponsor needs ongoing donations of food and funds. A list of suggested food items is included in this brochure (contact us for a more detailed list).

Financial donations are always welcome to purchase food, and can be sent directly to the individual sponsor or sent to HARC to be split equitably among sponsors. Spread the word about the need! Your help is a great blessing.

Chelsey White, WCPS 301-766-2893 / whiteche@wcps.k12.md.us

Frank Ducey, Maryland Food Bank 301-302-8144 / fducey@mdfoodbank.org

Suggested foods

Individual serving sizes are needed. No glass containers, please.

Tuna or chicken salad kits 100% Natural juice Oatmeal Cereal (low sugar) Breakfast bars Macaroni & cheese (microwavable) Peanut Butter to go Saltine or Ritz crackers Soups 10.5oz Fruit cups Spaghetti/Ravioli 7.5 oz. Canned vegetables 8oz or veggie cups Trail mix Goldfish crackers Pretzel packets Pudding cups (nonrefrigerated) Popcorn Fresh apples or mandarin oranges



How it works

Each Friday
afternoon, students
in the program
receive a bag of
healthy meals and
snacks provided by
area churches and
organizations. The
bags include two
breakfasts, two
lunches, two
dinners, fruit,
snacks, and often
shelf-stable milk
and juice.

