

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:

- 82% reported that their child does better in school since receiving the backpacks
- 43% reported their child being less sick since getting the extra food
- 61% reported the backpack food allows them to be able to pay other bills
- 71% reported being more engaged with their child's school since receiving the backpacks
- 66% of school personnel reported that the students were more engaged in learning



Thanks to our major donors!

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Nora Roberts Foundation

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Current sponsors:



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Concordia Lutheran Church
Creid Samhlaigh Corporation
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Hagerstown Church of the Brethren
Hagerstown Church of the Nazarene
Haven Lutheran Church
Hilltop Fellowship Church
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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
Valley Grace Brethren Church
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 1,000 children in 33 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
301-791-0344 / brash115@aol.com

Kathy Powderly, HARC
301-842-4272 / kathy.harc@gmail.com

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.

Suggested foods

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

100% Natural Juice
Shelf-stable milk
Oatmeal
Cereal
Breakfast bars
Tuna or Chicken cans/
pouches
Macaroni and cheese
(microwavable)
Peanut Butter
Saltine or Ritz crackers
Soups 10.5oz
Fruit Cups/cans
Spaghetti/Ravioli bowls
Canned Vegetables 8oz
Trail mix
Goldfish Crackers
Pretzel Packets
Pudding Cups (non-
refrigerated)
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.

