

## 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!

Alice Virginia and David W. Fletcher Foundation

Dr. Margaret Harrison

Irving M. Einbinder Foundation

Nora Roberts Foundation

United Way of Washington County, Md.

First Energy Foundation  
Richard N. Funkhouser Foundation  
Christ's Reformed Church UCC  
James & Melinda Marsden  
The Mathias Washington County Trust  
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  
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 34 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.

## 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 (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.

