

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



Thank you to our major donors!

Maryland Food Bank

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BCT Cares Foundation

United Way of Washington County, MD

Irving M. Einbinder Foundation

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Current sponsors:



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Brownsville Church of the Brethren
Church of Jesus Christ of Latter-day Saints
Concordia Lutheran Church
Crossroads Church
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Grace United Methodist Church
First Christian Church
Hagerstown Church of the Brethren
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Haven Lutheran 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 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.

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.

