



# Power Pack Planning Kit

## What are Power Packs?

Thousands of local children have almost nothing to eat between their Friday lunch and Monday breakfast provided at school. The Power Pack Program is used by food pantries and schools nationwide to ensure that kids don't go hungry on the weekends.

SHARE distributes Power Packs (when available) to our younger clients as a supplement to the food their families collect from our [Food Pantry](#). Each pack contains two days' worth of food for a child, packaged in a 2-gallon Ziploc bag.



## Coordinate a Power Pack Collection & Assembly Event

1. Decide on the number of Power Packs you would like to purchase and assemble. Email [info@shareofmclean.org](mailto:info@shareofmclean.org) for guidance.
2. Calculate quantities of food items needed (see list on next page).
3. Collect the food items to be assembled. Some suggestions:
  - Create a Sign Up and send out to your team for donations.
  - Organize an event to collect funds.
  - Create an Amazon wish list with needed items and send to your team.

**Don't forget to give times/locations for dropping off or shipping donations.**
4. Plan a date for your team to assemble the Power Packs (see Assembling Power Packs on the next page).
5. Coordinate drop off dates/times by sending an email to [info@shareofmclean.org](mailto:info@shareofmclean.org).



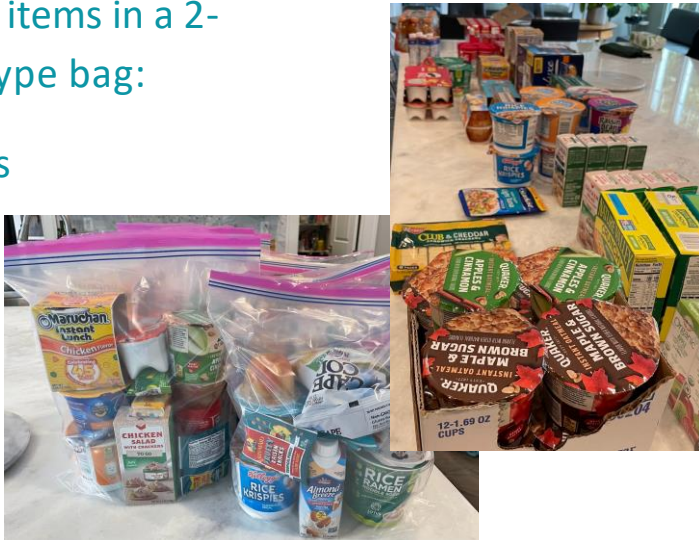
# Awareness and Team Building

Encourage your colleagues, neighbors, church, or friends to participate in collecting and assembling Power Packs. Please visit [Share's website](#) to learn more about how Share provides a helping hand to neighbors in our community.

## Assembling Power Packs

Pack the following items in a 2-gallon size Ziploc type bag:

- 2 breakfast items
- 2 lunch items
- 2 dinner items
- 2 snacks
- 2 drinks



Make sure items are healthy, shelf-stable, nut free, kid- friendly and single-serving sized.

## Power Pack Ingredient Options:

2- Breakfast	2- Lunch/Dinner	2- Snacks	2-Lunch/Dinner
<ul style="list-style-type: none"> <li>• Oatmeal (packets or single serving cups)</li> <li>• Individual cereal</li> <li>• Granola bars</li> <li>• Breakfast</li> <li>• drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna or chicken salad kits with crackers</li> <li>• Mac &amp; cheese (single serving cups)</li> <li>• Chef Boyardee (single serving cups)</li> <li>• Chili (single serving cups)</li> <li>• Ramen (single serving)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit cups in juice</li> <li>• Fruit snacks</li> <li>• Dried fruit</li> <li>• Granola bars</li> <li>• Pretzels or popcorn (individual bag)</li> <li>• Sandwich crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Shelf stable milk</li> <li>• 100% juice boxes</li> </ul>

Please do not include: Candy, high sugar foods, glass containers, fruit cups with tinfoil lids