



Power Pack Planning Kit

WHAT ARE POWER PACKS?

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



SHARE distributes Power Packs (when available) for our younger clients as a supplement to the food their families collect in our Food Pantry. They contain 2 days of food for a child packaged in a 2 gallon Ziplock bag.

Coordinate a Power Pack Collection & Assembly Event

1. Decide on the number of power packs you would like to assemble. Contact SHARE for guidance.
2. Calculate quantities of food items needed (see list on next page).
3. Collect the food items to be packed. Some suggestions:
 - Create a Sign Up and send out to your team for donations.
 - Organize an event (yard sale, dinner, etc) to collect funds to purchase items.
 - Create an Amazon wish list with needed items and send to larger group, family, friends.

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 with SHARE of McLean. Let SHARE know if your team would like to distribute the Power Packs.

AWARENESS AND TEAM BUILDING

Encourage your colleagues, neighbors, church, or friends to participate in collecting and assembling the power packs. Discuss the role of SHARE of McLean 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:

BREAKFAST

Oatmeal (packets or single serving cups)
Individual cereal
Granola bars
Breakfast drinks

LUNCH/DINNER

Tuna or chicken salad kits with crackers
Mac & cheese (single serving cups)
Chef Boyardee (single serving cups)
Chili (single serving cups)
Ramen (single serving)

SNACKS

Fruit cups in juice
Fruit snacks
Dried fruit
Granola bars
Pretzels or popcorn (individual bag)
Sandwich crackers

DRINKS

Shelf stable milk
100% juice boxes

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