



ENDING CHILD HUNGER STARTS HERE

Just because the school week ends, meals shouldn't—especially for children who need them. Our mission is to provide Hunger-free Weekends for food-insecure children who depend on their school for meals. Together, we can make sure our most vulnerable children on the First Coast can look forward to weekends filled with healthy, delicious food.

SET UP YOUR PACKING EVENT

Before packing, please email our Chapter Director Susan Evans at susane@blessingsinabackpack.org to verify if your school accepts outside donations. You will also need our motivational note cards along with other valuable resources and procedure information.

PLEDGE TO PACK SAFELY

We will continue to fulfill our mission by following these safety Dept. of Health and Dept. of Education guidelines to ensure children receive weekend meals safely and successfully.

- 1. Check CDC & local safety guidelines:** Take your temperature, wash hands regularly, practice social distancing, wear gloves and masks. For additional information and training, visit: http://foodsafetytrainingcourses.com/jacksonville_florida_food_safety_training_course.html
- 2. Gather in small groups:** Keep groups to a minimum when packing and continue following handwashing and respiratory etiquette, routine cleaning and disinfecting.
- 3. Work in healthy environments:** Pack in ventilated, sanitized, bright spaces with access to fresh water and restrooms. If outside, wear comfortable shoes, wide brimmed hats and sunscreen.
- 4. Provide safety gear:** You will need plenty of face masks, gloves and disinfectant, so prepare enough protective gear before packing day to make sure everyone is protected.
- 5. Use eco-friendly materials:** Preferred materials are recycled, multi-use totes and/or sustainable packing materials that are easily composted. Plastic tubs with lids can also be reused by schools for other activities. Remember to recycle and dispose of all trash afterwards.
- 6. Feeling sick? Please stay home:** We know you want to help, and we'll still be here when you're well. If you're not feeling 100%, don't risk it. Rest, get better, and then come out to help us when you're feeling well.

PACKING-DAY TIPS:

The following tips will help you know what to pack, how to pack and what to avoid when creating weekend meals to appropriately feed a child for two days:

- 1. Inspect all packaging:** Make sure all menu items are in their original packaging and intact. Be sure to check expiration dates and discard any expired foods.
- 2. Pack heavy items first:** Place heavier items at the bottom of the pack, layering up until the lightest is at the top.
- 3. Include motivational note cards:** Include a sweet, positive note in each bag for the child who gets it. Contact Susan to receive your template and samples for the types of messages to include.
- 4. Follow the menu closely:** The provided menu has been thoughtfully and carefully selected by our registered dieticians specifically for children ages 4-12. Pack one item from each of the categories to ensure a well-balanced, healthy meal. Fresh fruit is welcome, but must be wiped down and packaged separately, and delivered immediately.
- 5. Avoid these foods:** DO NOT include items that require cooking, hot water, microwave use or have sharp pull tops. DO NOT include foods that are heavy in sugar, sodium or preservatives. DO NOT include large cans or bulk items.



2021–2022 FIRST COAST BLESSINGS SAFE PACT HEALTHY MENU

Our commitment to nutrition: We will continue to offer nutritious, clean-label options to our children every weekend, including whole-grain proteins that are low in sugar and sodium. After collaborating with our wellness partners and nutrition experts, we are excited to present the following healthy, kid-friendly menu options:

MEAL FOCUS	NUTRITIOUS & DELICIOUS ITEM	VENDOR
Breakfast	Morning Smoothies- Dairy	Gogosqueez
	Bar Brkfst Strwbry Crisp	Zeezees
	Smart Bars Organic	Cerebelly
Fruit	Fruit Cup Harvest Mixed Fruit	Zeezees
	Fruit Pineapple Tidbit Cup	Zeezees
	Applesauce Indiv Sour Apple	Zeezees
	Snack Bar Sft Bkd Blbry Lmn	Zeezees
	Snack Chip Banana Natural	Barefrt
	Apple & Blueberry Fruit Bars	Thatsit
	Dried Superfruit	Rind
Veg	Enlightened Bean Snacks	Badabean
	Snack Pea Chick Roasted Sltd	Zeezees
	Veggie Crisps	Eatsmart
	Theboombox- Beans -All Flavors	Badabeansnacks.com
Nuts	Sunflower Seed Rstd Sltd	Zeezees
Protein	Mini Beef & Turkey Bites/ Sticks	Chomps
	Turkey	Snackmates
	Beef, Turkey Sticks	Jacklinks
	Powercrunch Kids Hi Protein Bars	Powercrunch
	Snack On The Go- Tuna + Chicken Bumblebee	Starkist
Beverages	Purified Filtered Water	
	Organic Smoothies- Fruit Flavors	Stonyfield
	Farmers Finestfruit/Veg Blend Juices	Onceuponafarm
Snacks	Snack Bar Sft Bkd Blbry Lmn	Zeezees
	Snack Chip Banana Natural	Barefrt
	Sour Raisin / Yogurt Snacks- Mult. Flavors	Sunmaid
	Quaker Rice Krisps- Variety Bag	Quaker
	Craisins- Dried Fruit New Flavors	Oceanspray