



Power Packs

Our community schools continue to serve children who rely on free school meals, and our Power Pack partners continue to serve those same children with weekend food packs to ensure these children and their families stay healthy during this public health crisis. Unfortunately, food donations are down, so these programs need your help to continue serving families while schools are closed.

Holding a donation drive for food items to help kids and families maintain their health and wellbeing.



Supplies Needed:

- Large cardboard box or plastic bin to use as donation bin
- Gallon-size plastic bags (the kind you close with a bread tie)
- FOOD (see attached pages for suggested food items)!

Item	One Power Pack	20 Packs	50 Packs	100 Packs
Breakfast: meal item	2	40	100	200
Breakfast: beverage item	2	40	100	200
Lunch: entrée item	2	40	100	200
Lunch: beverage item	2	40	100	200
Lunch: fruit/snack item	2	40	100	200
Snack item	2	40	100	200
Dinner: entrée item	2	40	100	200
Dinner : vegetable item	2	40	100	200

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**COVID-19
RESPONSE**

POWER  PACK

Donation Drive Checklist:

- ☐ Hang posters and hand out shopping lists (see following pages)
- ☐ Find a collection site in a common area to collect donations
- ☐ Set a goal (*i.e.*, “We will collect enough food items to pack 30 Power Packs!”)
- ☐ Promote your drive
 - Email your staff/group
 - Distribute flyers about the drive
 - Make an announcement at a staff/group meeting
- ☐ Consider an awareness activity – place yourselves in the shoes of those less fortunate (visit <http://www.uwpc.org/coordinator-tools> and look for the “Making Choices” game)
- ☐ Hold fun activities and/or promotions for your drive
 - Ask staff to pay for “Dress Down” days at work (either a book donation or a cash donation to purchase books)
 - Consider a contest or competition between departments for who can raise the most donations
 - Fundraisers – bake sales, car washes, etc. with proceeds donated to purchase books
 - Spare change jars around the office to collect donations – penny wars between departments/groups
- ☐ Collect donations – send out periodic reminders

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COVID-19 RESPONSE

POWER PACK

Packing Project Checklist:*

- ☐ Once you have collected/purchased all the necessary items, start planning your packing project
- ☐ You will need a space with a large table and enough room to spread out food items in an assembly line format for volunteers to move through to pack
- ☐ Clearly indicate at each station how many items from that area go into each pack
- ☐ Volunteers should start with two clear plastic bags and put enough food in each bag to represent 3 meals and a snack for one weekend day (2 bags = 1 weekend Power Pack)
- ☐ Have boxes or bins available to put completed Power Packs in for storage and transport
- ☐ Finish your project and contact the Volunteer Engagement Team at volunteer@uwpc.org
- ☐ Celebrate your success!

****Please remember social distancing guidelines when packing Power Packs***



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COVID-19 RESPONSE

POWER PACK

HEALTHY OPTIONS FOR WEEKEND MEALS:

Breakfast:

- ☒ Instant Oatmeal, lower sugar variety - *Better Foods
- ☒ Individual Packets of High-Fiber/Low-Sugar Cereal
- ☒ Cliff Kid Organic ZBar
- ☒ Fresh Fruit Puree Pouches - *Dole Fruit Squish Em or Peter Rabbit Organic

Lunch/Dinner:

- ☒ Low Sodium Soup - *Campbell's Healthy Kids
- ☒ Meal Kits - *Hormel Completes Kids Meals
- ☒ Chef Boyardee Whole Grain Lasagna
- ☒ Instant Packets of Brown or Wild Rice - *Minute Brand or Rice-a-Roni
- ☒ Whole Grain or Whole Wheat Pasta Products - *Annie Chun's Brand
- ☒ Tuna or Salmon Pouches, Cups or Meal Kits (Packed in Water)
- ☒ Whole Grain/Multigrain Crackers

Snacks:

- ☒ Baked Chips - *Pita Chips or Pirate's Booty
- ☒ Shelf-Stable Turkey Bites - *Old Wisconsin Turkey Sausage Snacks
- ☒ Raw and Unsalted Nuts in Packets - *Emerald 100 Calorie Packs
- ☒ Individual Peanut Butter Packs
- ☒ Dried Fruit Packs
- ☒ Freeze-Dried Fruit - *Disney/Brothers All Natural
- ☒ Granola or Protein Bars - *Nature Valley Protein Bars or Fiber One Chewy bars for kids

Drinks:

- ☒ Shelf Stable Milk - *Horizon or Simple Truth
- ☒ V8 or VFusion Individual Cans
- ☒ Fruitables Fruits and Vegetable Juice Boxes

**Suggested brands*



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