TARGET AUDIENCE

This program is for children who are at risk for hunger.

SUMMARY

BackPack for Kids, a school-based program, is designed to provide children, who have little or no means of acquiring food, with nutritious bags of easy-to-prepare food items.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

This program offers participants a weekend supply of nutritious meals. Children in this program often do not receive food in their homes, so each food bag typically contains 2 breakfasts, 2 lunches, 2 snacks, 1 can of vegetables, and 1 can of fruit. Food bags are filled by volunteers; are often run through local food banks; and are distributed by classroom teachers, the school office, or from a central location in the school.

PREVIOUS USE

The program was launched in 1995 in Little Rock, Arkansas, with the help of a local food bank. Over 15 years ago, Feeding America began a national launch of the BackPack for Kids program, and, currently, over 160 local food banks distribute food to approximately 450,000 children each week.
BackPack for Kids

TRAINING

No information on training was located.

CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from school administration and teachers, partnering with a local food bank and other community support services, determining which students should receive the program, obtaining food or monetary donations, recruiting volunteers to help deliver the food bags, and ensuring the school has space to store food for the program.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing BackPack for Kids, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program is offered to children at the end of each week during the school year for approximately 36 weeks.

COST

Each bag of food costs between $2.50 and $5.00 per child. The program costs are typically covered by donations and private organizations. Federal reimbursement is not available for this program.

EVALUATION PLAN

To move BackPack for Kids to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Feeding America by mail 33 East Wacker Drive, Suite 2000, Chicago, IL 60601, phone 1-800-771-2303, or visit http://help.feedingamerica.org/site/PageServer?pageName=contactus

SOURCE

www.actionforhealthykids.org/tools-for-schools/find-challenges/at-home-challenges/1276-backpack-programs,
www.feedingamerica.org/our-work/hunger-relief-programs/backpack-program/, and

www.militaryfamilies.psu.edu

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