

# You Can Make a Difference in the Life of a Hungry Child

## The Reality of Child Hunger in Oklahoma

Oklahoma ranks fourth in the nation in the number of hungry people per capita. Sadly, children suffer the most, with one out of five at risk of going to bed hungry. Of all the households served at emergency food pantries through the Food Bank's partner programs, 39 percent are children under 18.

Studies show that school performance is profoundly affected by hunger. Hungry children find it more difficult to concentrate, are frequently sick and are often hyperactive, aggressive, irritable and withdrawn. What's more distressing is knowing that hungry children are less likely to become productive citizens.

## The Food For Kids Backpack Program Makes A Difference

Through the Food For Kids Backpack Program, children are provided with a backpack containing a selection of shelf-stable, nutritious food every week. The children participating in the program have been identified by their school as being at risk of hunger over the weekend, a time when free or reduced-cost school breakfasts and lunches are not available. The program started during the fall 2005 school year with four elementary schools in the Tulsa Public School District and has grown to over 4,700 students across Eastern Oklahoma schools. We plan to expand the program to include all at-risk, school-aged children in our 24-county service area as sponsoring organizations are identified.

### Children in the Food For Kids Backpack Program:

- Attend school more often.
- Are more confident in their ability to learn.
- Demonstrate a noticeable improvement in behavior.
- Are much more alert and have an increased ability to stay on-task.

### You Can Help Support The Food For Kids Backpack Program

You can support the Food For Kids Backpack Program by donating food from the following list (please note, the list is very specific):

- » Pudding cups (non-refrigerated, 3.5 to 4 ounces)
- » Raisins (1.5 ounce boxes)
- » Beans and franks in pop-top can (7.5 ounces)
- » Beef Jerky (2-3 ounces)
- » Cereal in individual servings
- » Juice boxes (100% juice, 6 to 7 ounces)

We cannot use any item containing nuts.

You may also donate funds that will be used to purchase food items.

Contributions of any amount are accepted and appreciated.

A donation of \$160 supports one child for an entire school year.



For more information, contact Jill Thompson, Food Drive Manager, at (918) 585-2800, Ext. 111 or [jthompson@cfbeo.org](mailto:jthompson@cfbeo.org)