## UNITED WAY'S BACKPACK PROGRAM



## Ending child hunger one backpack at a time

For many local children the School Lunch Program is the only source of regular nutritious meals. According to recent data, over 1,500 elementary school students in Bismarck Public Schools qualify for free or reduced lunch.

When school is out of session, many of these children lose access to regular, healthy meals. Research tells us that when children experience, even occasional, hunger they may have trouble concentrating and exhibit aggressive tendencies. There can also be devastating long-term effects such as stunted growth and increased likelihood of obesity.

Hunger doesn't take the weekends off or go on summer vacation.

**GIVE. ADVOCATE. VOLUNTEER.** Missouri Slope Areawide United Way msaunitedway.org





# CHANGE A CHILD'S **FUTURE**

### A small price to pay

**\$5.00** will provide a weekend's worth of food to a child who may otherwise go hungry.

**\$2,500** will provide a weekend's worth of food for hundreds of local children.

**\$10,000** sends case managers into the homes of children at risk of becoming homeless to address the root causes of the issue.

### Hold a food drive

Nutritious, non-perishable, easy-to-open meals and snacks can be distributed to children to take home over the weekend.

Soups · Fruit cups · Canned pasta · Juice · Granola bars · Crackers · Cereal bars