

# Epiphany Outreach to Lutie Lewis Coates Elementary School

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## Helping Hungry Kids Program

There are two ways we help Coates ES kids with food:

1. By making 100 weekend food bags and delivering them to the school to be passed out to those who are on the free lunch program so they will have 3 meals and a snack for each weekend day.
2. By providing snacks for use in the classrooms.

Details are below. **If you have questions, please call Anne Bracy at the parish office.**

### *Food Bags: Instructions and Sample Food List*

In a one gallon Ziploc bag include:

**2 Breakfast items 2 Lunches 2 Dinners 2 Snacks**

These are small individual servings you can find in any grocery store.

Here are suggestions on what to put into the bags

#### **Breakfast**

Milk (shelf stable cow's or soy or other non-dairy)  
Oatmeal  
Dry Cereal  
Pop Tarts  
Cereal Bars

#### **Lunch & Dinner**

Beef entrees (i.e. Chef Boyardee pastas)  
Non-beef entrees (items with chicken, tuna, vegetarian)  
Individual Mac & Cheese  
Ramen Noodles  
Soups

#### **Snacks**

Fruit cups  
Applesauce cups  
 pudding cups  
Sweet snacks (granola bars, cookies, etc.)  
Salty snacks (microwave popcorn, pretzels, crackers)  
Dried fruits/raisins  
Hot chocolate

### **FREQUENTLY ASKED QUESTIONS:**

- Q:** Can I include items like fresh fruit? **A:** No, these bags are not refrigerated and may be stored for a number of weeks
- Q:** Do I have to use the items you list? **A:** No. These are suggestions.
- Q:** Can I do more than one bag each month? **A:** YES! You are encouraged to involve your children, home group, bible study, etc.
- Q:** When can I bring in the food bags? **A:** Any time but the deadline each month is the day of the monthly Parish Pot Luck or CHARGED! These date will be published in the Candle.
- Q:** Any other suggestions? **A:** Yes. Since we will be doing 100 bags each month it is suggested that you buy these items in quantity (e.g. Mac & Cheese comes in packages of 6 or 12).

### *Class Room Snacks: Suggestions and Instructions*

These are individually wrapped servings of snack items – chips, goldfish, etc.

These are delivered monthly with the food bags.