

What Goes into a Child's Food Bag?

The sack of food that each child receives weekly contains shelf-stable, kid-friendly items.

All of these items can be opened easily by a child and do not require refrigeration.

Food for Thought strives to provide a high amount of nutrition for each student and is currently meeting approximately 60% of the weekend nutritional needs for each child in the program.



Some of the most commonly used items include:

fruit bars	shelf-stable milk
fruit cups	juice boxes
animal crackers	cereal
pudding cups	peanut butter
Vienna sausage	beans & franks

Each child receives 5-7 pounds of food in his or her sack each week during the school year. The summer bags contain about 8 pounds of food.

How Can You Spot a Chronically Hungry Student?

Behaviors:

- Rushes food lines
- Extreme hunger on Monday morning
- Quickly eating all of the food served and asking for more
- Lingering around for or asking for seconds
- Regularly asks teacher for food
- Asking classmates for food they don't want
- Saving/hoarding/stealing food to eat or take home
- Comments about not having enough food at home

Physical Appearance:

Extreme thinness or obesity, puffy/swollen skin, chronically dry/cracked lips, and chronically dry/itchy eyes

School Performance:

Excessive absences and/or tardiness, repetition of a grade, chronic illness, short attention span/inability to concentrate, and chronic behavior problems (hyperactive, irritable, anxious, withdrawn, etc.)

Home Environment:

The child often cooks his/her own meal or has a sibling who does; family moves frequently; parent has lost household income; family crisis



The mission of Good Samaritan Ministries is to share the Gospel in both word and deed to all families in need in Brown County, Texas.

How Can **You** Be a Part?

Volunteer

We would love to have you join our team. You can sign up for once a week, once a month or once a quarter. Perhaps you want to come with a team from your church, work or civic organization. You can sign up in the following ways:

- Online at www.goodsambwd.org;
- On-site at 305 Clark Street in Downtown Brownwood during our business hours;
- By calling (325)643-2273 and speaking with our Volunteer Coordinator.

Donate

We make it easy to donate to Good Samaritan Ministries. You may make donations

- Online at www.goodsambwd.org;
- On-site at 305 Clark Street in Downtown Brownwood;
- By mail at PO Box 1136, Brownwood, TX 76804;
- Involve your school's PTO or PTC to raise money, hold food drives and help get the word out!

FOOD COSTS PER CHILD

<u>SCHOOL YEAR</u>	
\$ 5	1 week
\$ 20	1 month
\$ 90	1 semester
\$180	1 school year
<u>SUMMER</u>	
\$ 8	1 week
\$ 96	1 summer break

The **FOOD FOR THOUGHT** program is dedicated to improving the lives of Brown County children by providing a sack full of kid-friendly, shelf-stable food to chronically hungry students over the weekends during the school year.

Students are enrolled in **FOOD FOR THOUGHT** through referral by any faculty or staff member on campus who thinks the student may be chronically hungry or food insecure.


A campus site-coordinator determines eligibility and sends a permission slip home to the parent/guardian to sign.

Once on the program, each student receives a sack full of food every Friday of the school year and receives extra food over long weekends and school vacations.

The sacks are delivered to the school and distributed discreetly to the student by approved school personnel.

There is also a **FOOD FOR THOUGHT : SUMMER EDITION** in which volunteers from Love Brownwood, a missions group from Coggin Avenue Baptist Church, deliver bags to the homes of participating students during the summer months.

We know students who are hungry during the school year are still hungry during the summer. The summer program allows us to continue meeting needs even after the bell rings for summer vacation.

Printing services donated by: 

Good Samaritan Ministries is located at

**305 Clark Street
Brownwood, Texas**

You can also reach us in the following ways:

Mail:
**PO Box 1136
Brownwood, TX
76804**

Phone:
(325)643-2273

Website:
goodsambwd.org

Email:
office@goodsambwd.org



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OFFICE HOURS:

MONDAY:
1 p.m. to 5 p.m.

TUESDAY:
9 a.m. to 1 p.m.

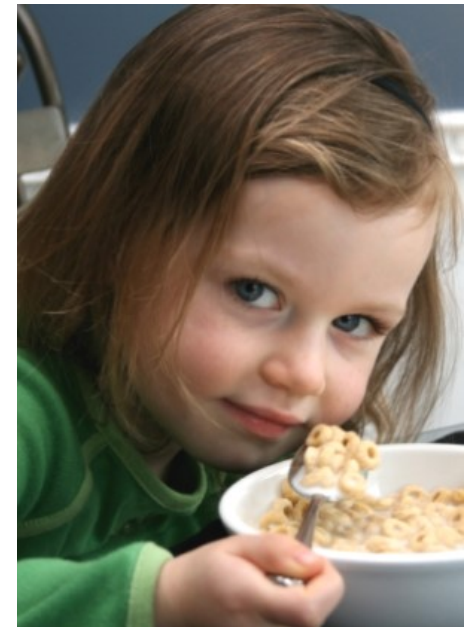
WEDNESDAY:
1 p.m. to 5 p.m.

THURSDAY:
9 a.m. to 1 p.m.

FRIDAY:
9 a.m. to 1 p.m.



Feeding Our Future



A childhood hunger program of:

