

POWER PACK PROGRAM PLANNING KIT

FEEDING FAMILIES. NOURISHING LIVES.



ABOUT FOOD FOR OTHERS

Mission

Food for Others mission is to distribute food to our neighbors in need by mobilizing our giving community and volunteers.

We feed over 3,000 families in need every week. In Northern Virginia, more than 75,000 people are food insecure. FFO provides food for children, senior citizens, people who are sick or disabled, and the working poor who struggle to obtain enough nutritious food to live a healthy life.

Contact

Food for Others
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   @foodforothers



ABOUT THE POWER PACK PROGRAM

**Make someone
smile.
Feed a child.**

Thousands of local children have little to eat between their Friday lunch and Monday breakfast provided at school. FFO's Power Pack Program ensures children do not go hungry on the weekends. We provide more than 3,900 children at 50 Fairfax County elementary schools with Power Packs every weekend during the school year. We rely on support from the community to obtain the food, assemble the power packs, and deliver them to the schools.





HOST A POWER PACKING EVENT:

Collect the Food

Purchase P3 food either at the grocery store, from our Amazon wishlist, or by making a donation to FFO and we will order P3 food in bulk. See the list below for the types of foods to include in each pack.

Get your team involved

Encourage your colleagues, neighbors, church, or friends to participate in stuffing the power packs. Set up an assembly line and be sure to include 2 breakfast items, 2 lunch items, 2 dinner items, 2 snacks, and 2 drinks in each power pack.

DONATE FOOD/ MONEY TO P3:

Donate Money

You can make a donation to Food for Others Power Pack Program online [here](#) or by mailing a check. \$20 provides 5 children with meals for a weekend.

Amazon Wish List

Hold a virtual food drive by donating directly from FFO's P3 [Amazon Wish List](#). To keep track of the food your team donated through Amazon, ask participants to save and share their receipts.

PUTTING PACKS TOGETHER

Use a 2 gallon size Ziploc Bag. Include items that are shelf-stable, kid-friendly and single-serving sized. **Each pack must include 2 breakfast items, 2 lunch items, 2 dinner items, 2 snacks, and 2 drinks.**

WHAT TO INCLUDE IN EACH PACK

Breakfast

- Oatmeal Packets
- Cereal (Individual Sizes)
- Granola Bars
- Nutri Grain Bars

Lunch/ Dinner

- Chili Cups
- Mac & Cheese Cups (single-serving)
- Tuna/ Chicken Salad Kits with Crackers
- Chef Boyardee, Ravioli

Snacks

- Fruit Cups (in juice NOT syrup)
- Cheese & Crackers
- Granola Bars
- Fruit Snacks, Dried Fruits

Drinks

- 100% Fruit Juice
- Capri Sun Juice Boxes
- Shelf-stable Milk

Please do not include:

Peanut butter or items that include peanut butter, candy, Pop-tarts, Vienna sausages, glass containers, high sugar items, apple sauce cups with tinfoil lids, or bottled water.

DROP OFF AT FOOD FOR OTHERS

Drop off the packs at loading dock 3 of our Merrifield warehouse, **2938 Prosperity Ave**, Monday through Friday, between **9:30AM – 5:00PM**. Our volunteer drivers deliver packs to schools.

