

Hunger is a big problem.
Together, we can solve it.



FOODBANK
OF IOWA

BackPack Sack Motivation Cards

1. Gather a group of Volunteers to work together
2. Gather supplies to decorate 3x5" cards
3. Schedule a time to work together on cards
4. Create cards to be inserted into our backpack sacks distributed across 55 counties!
5. Deliver them to Food Bank of Iowa
6. Celebrate your hard work!

The Impact You Will Make

Over 5,000 notecard sized inspirational messages are placed in the weekly BackPack sacks Food Bank of Iowa sends home with children through our programming each week. We provide boxes of BackPack sacks to partner schools every week. Teachers and other school staff distribute the bags to kids in need every Friday.

Benefits of the BackPack Program™ are felt most strongly on Monday mornings, when BackPack sack recipients are better equipped to learn and behavioral incidents are greatly reduced. Proper childhood nutrition helps kids succeed in school and contribute more later in life. All BackPack sacks are provided entirely free to partner schools.

Approved List of Inspirational Messages:

Additional messages can be pre-approved via email

- Reach for the stars!
- Be brilliant, be you!
- Believe in yourself (I do!)
- You are amazing!
- Dream big dreams!
- Your future is bright!
- Dream big, work hard!
- Work hard in school!
- Anything is possible!
- Always believe you can!

Instagram: @FoodBankIowa

Facebook: facebook.com/foodbankiowa

Contact: Michaela Devaney, Volunteer Training and Development Manager; mdevaney@foodbankiowa.org

The Food Bank of Iowa serves 55 Iowa counties and has over 620 partner agencies. Partner agencies include food pantries, soup kitchens, domestic violence shelters, residential facilities, etc. We function as a warehouse and distribution facility, distributing over 1.5 million pounds of food every month.



HOW TO CREATE THE CARDS:

*10,000 can be created by one group per month
Supplies to be procured by your group*

Strong & Colorful **Paper** (cardstock, construction paper, notecards, etc)

Scissors to make 3x5" cards

Markers to write pre-approved messages

Add-ons: Stickers, glitter, and more are welcome additions to cards! Anything a child would find exciting to open up!

WHERE TO CREATE THE CARDS:

This is a mobile project that can be done wherever a group of willing volunteers gathers! It is great for schools, live-in facilities, businesses and more!

DELIVER THE CARDS:

2220 E. 17th St Des Moines, IA 50316

Monday-Thursday 7:30am-4:30pm

Fridays 7:30am-2:00pm

PROMOTE YOUR WORK:

Tag us on Social Media with your photos!

Our Mission is to provide food for Iowa children, families and seniors to lead full and active lives, strengthening the communities where they live.

Our Vision is a hunger-free Iowa.

Our Values are compassion, commitment, collaboration, creativity, and courage.

For More Information about Food Bank of Iowa, visit www.foodbankiowa.org