

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 4,100 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.

School Approved List of Inspirational Messages:

- 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 Lowe, Senior Volunteer Training and Development Manager;
mdevaneylowe@foodbankiowa.org



HOW TO CREATE THE CARDS:

- Strong and colorful **paper** (cardstock, construction paper, notecards, etc.)
- **Scissors** to make 3X5" cards
- **Markers** to write pre-approved messages
- **Add-ons:** stickers, glitter, etc. 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
Friday = 7:30am - 2:00pm

PROMOTE YOUR WORK:

Tag us on social media with your photos!

Food Bank of Iowa serves 55 Iowa counties and has over 900 partners and programs. Partner agencies include food pantries, soup kitchens, domestic violence shelters, residential facilities, etc. We function as a warehouse and distribution center.

For more information about Food Bank of Iowa, visit www.foodbankiowa.org