

Smart Sacks

Neighborhood kids join us each Monday during the school year to work on reading, math and homework – kids learn a lot better with a full stomach. Smart Sacks provides a healthy “on the go” dinner each week. Preparing these sacks is a perfect mission/outreach project for a group that wants to do something tangible to help their neighbor.

Our goal is to give our children a nourishing and **healthy sack dinner**. A typical sack dinner contains:

Sandwich

Fruit and/or Vegetables

Salty Snack – a **small** bag of Chex Mix, popcorn, pretzels or Goldfish crackers

One **small** dessert per child – one **small** cookie

Small bottle of water



We want to keep our kids **healthy and strong**. Thank you for helping us! Please:

- **NO** chips
- **NO** large desserts
- **NO** soda or sugary drinks
- If you are making meat/cheese sandwiches please leave them dry (no mayo or mustard)

Ideas? Have kids in your group decorate the bags! Add a special note or Bible verse in each bag.

Details:

1. You can drop off the sacks **at the church between 4:00 and 4:30** each Monday afternoon.
2. Our goal is to feed all of our kids and also have some extra sacks available for adult tutors who might need a snack. Each week we will need **35 Sack Dinners**. Any sack dinners that aren't eaten will be sent home with kids to share with their families.
3. And finally...**Thank You! Thank You! Thank You!** You help keep our little light shining.

All Sack Dinners need to be dropped off at First Avenue Presbyterian Church - 120 W. First Avenue.

Have more questions? Please contact our Chow Captain – Kym S. (kymandkevin@hotmail.com)