



Carryout 4 Cougars

One in 4 children living in Northwest North Carolina lives with uncertainty over whether they will have enough to eat.

In collaboration with 2nd Harvest Food Bank & Cash Elementary School, Fountain of Life has begun partnering with Faith Church, Grace Presbyterian Church, and Kerwin Baptist Church to provide Weekend BackPacks for children who are facing food insecurity.

Weekend BackPacks provide nutritious, kid-friendly foods for children to take home over the weekends during the school year.

Each child in the program will receive **two breakfasts, two lunches and two snacks** each Friday of the school year. Food is packaged in bags that are confidentially placed in the child's book bag. The foods are easily opened by children and do not need oven or microwave preparation.

You can help! The need is three-fold:

- 1) **Can you spare an hour a month?** Help package the meals and deliver them to the classrooms. Thursday mornings at 9:15 at Cash Elementary. Would you be willing to volunteer for one Thursday a month?
- 2) **Do you have a truck or trailer?** Every six weeks a group of volunteers picks up the pallets of food and transports them to Cash. This is about a two-hour commitment.
- 3) **Prefer to donate?** Currently, backpacks are provided for 60-65 children each week at a cost of \$200 per year per child (that's \$12,000-\$13,000/yr). Make your check payable to FoL and note Carryout 4 Cougars in the memo line.

Have questions or want to volunteer? Please contact Michelle Moss (MichelleCMoss02@gmail.com or 336.207.4399)