



Kids' Food Basket

Sack Supper Sentinel

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"The basket changed my life forever. Love what you do and have faith that you are making a difference. I know I'm only one person, but you make a difference to me."

-Lewis, 5th Grader from East Leonard

Join the Sack Supper Club!

What can a dollar do? Just one dollar donated each weekday (\$20 monthly) allows you to sponsor a local child suffering from hunger for an entire year. Together we can ensure lunch is not the last meal of the day for kids in our community.

If you join the Sack Supper Club in August or September, your year-long commitment of \$240 will be matched by generous Kids' Food Basket supporters, Bill and Sallie Bowie and Lois Ginebaugh! So you'll help twice as many kids learn and live well!

Through your support, a child will have daily access to nutritious Sack Suppers containing:

BRAIN FOOD from the five food groups, helping kids concentrate and stay on track in school

HEALTHY HABITS gained from receiving balanced food, instilling smart decisions lifelong

A TOUCH OF LOVE from people like you, whose current involvement and dedication helps local kids thrive

For more information on how you can get involved, or to donate, visit www.KidsFoodBasket.org/sacksupperclub.

GRAND RAPIDS AREA CHAMBER OF COMMERCE

2014 **EPIC AWARDS** RECIPIENT

Non-Profit of the Year

CONGRATS! YOU ARE EPIC!

Childhood hunger affects the whole community - and YOU have been a part of the solution. When faced with the difficult problem of childhood hunger, this community chose not to look away, and that's something to celebrate.

That's why Kids' Food Basket was honored to be announced as the 2014 Grand Rapids Area Chamber EPIC Award for Non-Profit of the Year! The EPIC Awards celebrate businesses and individuals that are entrepreneurial, progressive, innovative and collaborative. By connecting with a community of all backgrounds, together we continue to deepen perspectives advocating for children struggling with hunger. As a community we make it possible for kids to get a healthy meal easily and safely. You provide more than a Sack Supper; you provide nourishment for the mind, body and soul.

We thank YOU, our donors and volunteers, that fund, prepare, pack and deliver Sack Suppers every weekday. You play a critical role in ending the cycle of poverty. Each day is a marvel of consistency, quality and commitment. This award belongs to you, West Michigan!

KUDOS FROM BRIDGET



Dear West Michigan Community of Supporters,

The numbers below speak for themselves. At Kids' Food Basket, our team is constantly humbled and enthused by the incredible support and commitment of our can-do community. When we started this critical work over twelve years ago, we couldn't have imagined the generosity, kindness, and ferocity you would show in the attack on childhood hunger. Your spirit has created a movement. Collectively, we strive for the day that every child has the nourishment they need to reach his or her full potential, in school and in life.

We're confident that together we will make even greater impact in the 2014-2015 school year, and look forward to the many dynamic ways you'll engage with Kids' Food Basket to help young people learn and live well. Every child who doesn't go to bed hungry is truly a kudos to you.

With abundant gratitude,

Bridget



Kids' Food Basket

FISCAL YEAR 2013-14

IMPACT REPORT

Look at what **YOU** did, West Michigan!

ATTACKING CHILDHOOD HUNGER TO HELP YOUNG PEOPLE LEARN & LIVE WELL



914,319
NUTRITIOUS, READY-TO-EAT SACK SUPPERS

63,660

HOURS GIVEN BY COMMUNITY VOLUNTEERS WITH TOTAL VALUE OF:

\$1,387,171

*Value of volunteer Hour is \$21.79, Independent Sector.

286,173 LBS

OF HEALTHY WISH LIST ITEMS DONATED BY OUR COMMUNITY FOR SACK SUPPERS

STUDENTS AT

70%

OF SCHOOLS THAT RECEIVE SACK SUPPERS VOLUNTEERED AT KIDS' FOOD BASKET!



\$0.99

ACTUAL COST PER MEAL FOR THIS YEAR



6,300

CHILDREN NOURISHED EVERY WEEKDAY

Thanks to YOUR impact Kids' Food Basket was recognized with the following awards:

- GRAND RAPIDS AREA CHAMBER OF COMMERCE 2014 NON-PROFIT OF THE YEAR
- MUSKOGON AGENT OF CHANGE
- WGVU ENGAGE I HAVE MADE A DIFFERENCE AWARD FOR HEALTH
- KENT COUNTY HEALTH DEPARTMENT 2014 FOOD SERVICE

COMMUNITY PARTNER SHOUT OUT



"Kids' Food Basket's generosity in our schools is immeasurable to Grand Rapids Public Schools. It is truly impressive and does so much good." - Superintendent Teresa Weatherall Neal

Kids' Food Basket believes in empowering young people to help each other. Grand Rapids Public Schools believes this too!

Kids Helping Kids, our dedicated youth volunteer program, focuses on involving students of all ages in the Kids' Food Basket mission. **This past school year over a dozen Grand Rapids Public Schools participated in bag decorating, food drives, trail mix projects, as well as preparing and packing Sack Suppers.**

Thank you Grand Rapids Public Schools for being an amazing Community Partner!

When children serve their community, they see first-hand what their work can do to improve their surroundings, while receiving positive reinforcement and the rewarding feeling of service. By providing kids with the tools and skills they need to act, we are creating a new generation of advocates with all different backgrounds for one common goal - taking a stand for children.

Without the support of hundreds of schools in Kent, Muskegon and Ottawa Counties we could not accomplish this common goal. Thank you to all Kids Helping Kids schools!

To learn more about the Kids Helping Kids program, how you can get your school or your child involved, visit www.kidsfoodbasket.org/KidsHelpingKids.

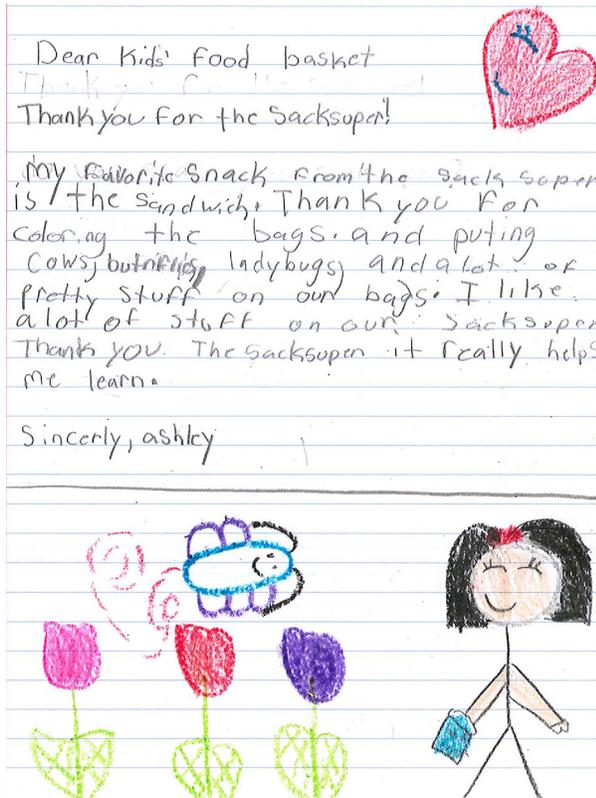
Hunger & Obesity are Connected

Studies show children in low-income and food insecure homes are up to two times more likely to be considered overweight or obese.

Why? Children in low-income households are often eating low cost, high calorie foods because families are forced to stretch their budget. Since the 1980's, the cost of fruits and vegetables has increased 40%, while the cost of processed foods has declined 40%. Additionally, households may be situated in communities that lack access to quality, healthy foods while an abundance of convenience stores and fast-food restaurants populate the area. Many kids will go through cycles of overeating when food present to fasting when there is a lack of food. These ups and downs result in the human body storing fat, creating a domino effect where children are left hungry and overweight.

Sack Suppers are important to establishing healthy habits and delivering consistent, nutrition-dense foods to children in our community. They are a step on the path to well-being!

"I think many people is read about the epidemic of obesity in this country, and it may be easy for people to see children that may be underprivileged and not getting nutrition but still being quoted 'overweight.' They might be overweight, but they're not nourished,"
-Dr. Vas Janardan, Mercy Health Saint Mary's



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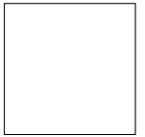
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BROWN BAG DECORATING DAY

Sack Suppers provide a well-rounded nutritious meal critical to the development of the brain and body, but they also contain a touch of love whenever YOU decorate the brown paper bag.

Help us make every Sack Supper contain this amazing touch of love! Decorate a bag for **Kids' Food Basket Brown Bag Decorating Day on Wednesday, September 17**, and help us reach our goal of 50,400 decorated bags!

Make sure to bring back or mail your bags to Kids' Food Basket by Wednesday, September 17! Let's break the record together!

Here are a few ideas to inspire others!

- **Host a bag decorating party**
- **Display a bag decorating table in your office lobby or waiting area**
- **Coordinate a bag decorating competition between coworkers and friends**
- **Decorate bags as a part of an art project in your classroom or faith group**
- **Organize bag decorating for your next club, association or group meeting**

Don't forget to share photos of favorite decorated brown bag on Instagram, Twitter or Facebook using #KFBrownBag