

## HOW CAN YOU HELP?

- **You** can make a monetary donation; *Bulldog Bags, Inc.* is a 501 (c)3, non-profit charitable organization and all donations are tax deductible.
- **You** can sponsor 1 child's weekend meals for \$20.00 for January - May 2016.
- **You** can host a fundraising event.
- **You** can volunteer on one of the *Bulldog Bags, Inc.* committees.
- **You** can volunteer to pack the weekend food bags.

**YOU can play a pivotal role in improving the lives of kids in our community!**

***Support from the entire community is integral to Bulldog Bags, Inc.***

## WHERE CAN YOU GET MORE INFORMATION?

Bulldog Bags, Inc.  
P.O. Box 1475  
Stow, OH 44224

[www.bulldogbags.org](http://www.bulldogbags.org)

### Facebook:

Bulldog Bags, Inc.

### Email:

[bulldogbags44224@gmail.com](mailto:bulldogbags44224@gmail.com)

## 2015-2016

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**Bulldog Bags, Inc.** is a community, non-profit organization that will provide elementary school children in the Stow-Munroe Falls School District who are on the Federal Free and Reduced Price Meal program, or otherwise qualified, with a "bridge of nutrition" on the last Friday of the month, January - May 2016, except in March, when it will be distributed on March 18th. This is a cooperative effort between the community and the schools, funded through donations from the community.

## WHAT IS *BULLDOG BAGS*?

- *Bulldog Bags* grew out of a movement by members of the Stow-Munroe Falls community, including school district and city officials, who recognized that some children in the SMFSD do not have adequate meals on the weekend.
- *Bulldog Bags* was incorporated and obtained 501 (c) 3 status in 2015 to seek to reduce hunger on weekends for students in the SMF school district by providing the students on the Federal Free and Reduced Lunch Program, or otherwise qualified, with the nutritional equivalent of the breakfasts and lunches that a child misses on the weekends.
- *Bulldog Bags* is a cooperative effort between the community and the schools, funded by community donations.
- *Bulldog Bags* will begin providing non-perishable bags of food on the last Friday of the month in January 2016 through May 2016, except in March, when distribution will be March 18th.
- *Bulldog Bags* want to keep kids fed and focused on their daily work.
- *Bulldog Bags* wants students, parents, and families to know, "We really do care about you!"
- *Bulldog Bags*, is OUR community's organization to provide for OUR children who may be going hungry on the weekend! 100% of the donations is used for students in the Stow-Munroe Falls School District.

## FACTS

Food insecurity refers to the USDA's measure of lack of regular access to nutritional food for an active and healthy life.

About 23% of the children in Summit County are food insecure. That percentage is similar in the Stow-Munroe Falls School District where 23.5% of the children in grades K- 6 were eligible for Free and Reduced lunches in 2014-2015.

Weekend food programs for students are designed to supplement the students' educational process. The link between hunger and education is undeniable. Children who go hungry are more likely to exhibit higher levels of anxiety, irritability, hyperactivity, and aggression, which affect all-around school performance.

Research has shown that children participating in weekend food programs achieve better test scores, improved reading skills, positive behavior, improved health, and increased attendance.



## WHAT'S IN A *BULLDOG BAG* AND WHAT DOES IT COST?

- A Bulldog Bag will have a minimum of 2 breakfast items, 2 entrée items, and 2 healthy snacks.
- An example of the minimum contents in a Bulldog Bag (nutritious, single serving size, easily opened and prepared):
  - Oatmeal packet
  - Chewy granola bar
  - Canned pasta
  - Mac and Cheese
  - Raisins
  - Canned fruit
- In addition to food, personal care kits may be included with items such as toothbrush, toothpaste, soap, etc.
- \$20.00 will fund Bulldog Bags for a child January - May 2016.
- Food is purchased; from various low cost sources; it is packed by volunteers and delivered to the schools; it is distributed to the students discreetly, so that the participants can, hopefully, remain anonymous.

*We want students to show up Monday mornings hungry for **LEARNING**, not hungry for food.*