



ANNUAL REPORT 2021/2022

Powerpacksproject.org



We empower families with education and ingredients to create nutritious weekend meals, so their children return to school fed and ready to learn.

EMPOWER. EDUCATE. FEED.

These packs are as essential to learning as are books and pencils.

Nearly 20,000 children in Lancaster and Lebanon counties live in households where there is not enough food to eat. Although students are provided with breakfast and lunch in school, their household is unable to supply meals over the weekend. So, they return to school on Monday hungry and unable to concentrate.

While that number is astounding, Power Packs Project has been addressing this need for 17 years. The organization provides packs of food to ensure students can have nutritious meals over the weekend. This helps children show up at school on Monday well-fed and ready to learn.

**Good nutrition is critical to success in school.
Children who don't get enough to eat often have:**

- Difficulty concentrating
- Lower Math and English scores
- Problems interacting with their peers
- Struggles finishing tests in time
- Lower graduation rates

A Power Pack contains:

- ✓ Low-cost (\$5 to \$7), easy-to-prepare recipe
- ✓ All the ingredients to make that recipe
- ✓ 1 pound of protein
(canned chicken or tuna,
frozen meat, legumes)
- ✓ Fresh produce item
(carrots, green beans,
apples, potatoes)
- ✓ 1 quart of fresh milk
- ✓ Extra items such as
peanut butter, cereal,
healthy snacks, canned
fruits and veggies



392,082
total pounds of
food distributed

A Powerful Impact

From its founding in 2005, Power Packs Project has served thousands of children in our community. The challenges of the past few years have increased the need to unprecedented levels. We are proud to say that, thanks to the support of donors and volunteers, we have been able to continue to meet the need, despite food shortages and increases in costs.

The packs go beyond addressing a child's hunger. Research has shown these programs result in increased end-of-grade reading and math test scores for economically disadvantaged primary school students.*

*Source: University of New Hampshire, Carsey School of Public Policy <https://carsey.unh.edu/publication/backpack-food-programs-linked-to-higher-test-scores-for-school-children>

We have reached
2,213
children and adults weekly



Our efforts have served
58,161
children during the school
and summer programs

The Power of Community

While Power Packs Project has certainly had an impact in our communities, we haven't done it alone, nor could we. The organization partners with a multitude of schools, community organizations, and faith communities in Lancaster and Lebanon counties.

We have partnered
with **88** schools

Provided more than
349,616
meals to families in Lancaster
and Lebanon counties

LEBANON

LANCASTER

Partnership with over
50
Community Organizations
and Faith Communities



The Power of Healthy Foods

When it comes to nutrition, not all foods are created equal. Families with food insecurity are forced to provide the least expensive foods they can find. This often means forgoing foods that are more nutritious for less costly processed ones.

Power Packs Project not only strives to fill the stomachs, but also to support the health of the children we feed. Our packs contain healthy, fresh foods and foods that are not highly processed.

While many of us take for granted the milk that is in our refrigerator, we learned that the children we serve often do not have access to this important beverage. As a result, we launched our Milk Matters! Program which, in cooperation with Harrisburg Dairies, provides one quart of fresh milk every other week to families enrolled in Power Packs.

17,023

quarts of
milk
delivered to
families in need
over the
past year



According to the Food Research and Action Center, hunger impairs children's physical health, behavior, development, and school performance in significant and long-lasting ways.

The Power of Education

Providing nutritious meals is only part of our mission. We also place a high priority on educating families regarding how to prepare nutritious foods and how to stretch their food dollars.



"Self-sufficiency and long-term solutions to hunger are achieved by education and empowering families. Power Packs recognizes the vital role nutrition plays in the ability of children to learn in school and the educational component of Power Packs is vital to the goal of changing behavior long-term among participating students."

Michael J. Bromisrki, M.Ed., M.B.A., Superintendent of Schools, Hempfield School District

The Power of Volunteers

One of our most amazing numbers is 6 – that's the number of employees we have at Power Packs Project. How do we create 27,413 packs with a staff of only six? We can because of an even more amazing number:



That's the number of volunteers who make it possible.



Over
3,257
hours were volunteered
last year to work in the office,
help in the warehouse
and distribute food.

The Power of YOU

Although Power Packs Project has become a well-respected organization in filling this great need in our communities, what powers us is YOU.

Over the last year, donors like you have contributed the financial resources needed to ensure our children can have nutritious meals on the weekend and be ready to learn during the school week. Because of you, parents have the comfort of knowing their children are eating healthy foods that will not only sustain them but help them thrive as they grow.



As you continue to **generously support** these children through Power Packs Project, we **promise** to continue to maximize the **impact** of your giving.

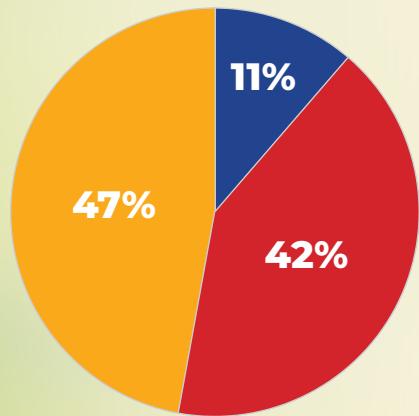
For just **\$100**, you can support **4** children for a month

"I give to Power Packs because of the great work they do. No children should go hungry. Power Packs works to make sure all kids have enough to eat."

- Steve

Financial Summary

Power Packs Project is committed to being a good steward of the resources we are provided. We strive to offer impactful programming that reaches economically disadvantaged children and their families while holding our administrative and fundraising costs to a minimum. Keeping our costs as low as possible enables Power Packs to best utilize the generous donations we receive and allocate funds to directly serve the children and families in our communities who come to us asking for food assistance.



Revenue

Grants

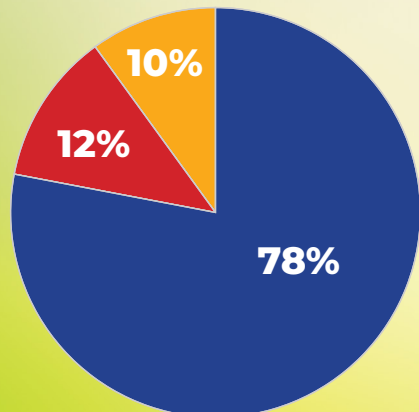
11%

Contributions

42%

In-Kind

47%



Costs

78% Programs

12% Fundraising

10% Administrative



The Board of Directors

Richard Frerichs, Board President

Steve Goble, Board Vice-President

Karen Shenk, Treasurer

Beth Ebersole, Secretary

Joan Espenshade

Jevon Hawkins

Jacy Hess

Joyce Meley

Lori Roscoe

Heather Shenk

Brad Steele

Jennifer Zuidema

Brad Peterson

Millersville University

The Goble Group

Trout CPA

Blakinger Thomas

Founder, Ex-Officio

WellSpan Health System

Ephrata Area School District

Penn Manor School District

Community Volunteer

Trout CPA

LCBC Church

Citizens Bank

Executive Director, Power Packs Project

"Cocalico School District teachers and students receive enormous benefits from Power Packs Project, in that it provides a much-needed supplement to our academic programs and ensures that children come to school ready to learn."

-Ella H. Musser, Ed. D., Superintendent of Schools, Cocalico School District



Power Packs PROJECT

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