

## HEALTHY SNACK PACK PROJECT



When students are hungry after school and have to do homework or participate in sports, it can be difficult for them to focus and perform. A healthy snack pack filled with body and brain healthy snacks is a simple way you can help a child succeed.

It simply takes one trip to a local grocery store to purchase healthy snacks (suggestions will be provided). Then gather a team together to pack the snacks into bags for children and teens throughout our community.

If you would like, we will come and speak to your team about what this project means to the children in our community who receive these snack packs.

### DID YOU KNOW...

- 92% of our city's youth qualify for free or reduced lunch.
- Snacks are not included in afterschool program budgets.
- Children under the age of 18 get a quarter of their daily calories from snacks. This means their snack choices are crucial to their overall nutrition. Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents ages 2–18 years old—affecting the overall quality of their diets and ability to focus.

## PARTNER AGENCIES

### Algonquin Sports for Kids & Buffalo Renaissance Community Center

[www.as4kids.org](http://www.as4kids.org)

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For more information on the Healthy Snack Pack Project and other Service-to-Go projects, visit [uwbec.org/business-meets-community](http://uwbec.org/business-meets-community) or contact:

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