



# GOLDEN HARVEST FOOD BANK

*feeding lives together*

## PANTRY PACKS PROGRAM

### TEEN HUNGER

For middle- and high-school aged children living in poverty, hunger is a major obstacle. Though many benefit from free school meals, they still face times when no food is available like mornings, weekends and holidays.

Hunger is especially damaging for teens since they are in a stage of crucial growth and development. In addition to leading to long-term health problems, inadequate nutrition prevents teens from performing at their best academically during a time when their grades greatly impact future success, college tuition, and job opportunities.

### HOW WE HELP

The Pantry Packs Program is Golden Harvest's new initiative to stop teen hunger. Tailored to meet the unique needs of teens living in poverty, the program provides packs of food and hygiene items at local middle and high schools where participants can easily access them.

Each pack includes an educational sheet explaining proper nutrition and food preparation. This food means the world to local teenagers who have nowhere else to turn.

You can help by sponsoring a child in the program for just \$8 per month. You can also start your own food drive to collect food for the program. Contact [kjackson@goldenharvest.org](mailto:kjackson@goldenharvest.org) for more information!



[GOLDENHARVEST.ORG](http://GOLDENHARVEST.ORG)

