



Jefferson County Community Ministries
238 West Washington Street
Charles Town, WV 25414
Phone: 304-725-3186
Fax: 304-724-6380
Email: info@jccm.us

Feed to Achieve

Summer 2016

June 9 – August 17



[Jefferson County Community Ministries](#) (JCCM) is participating in the WV Department of Education [Feed to Achieve Act](#). In order to make this another successful summer we need your support to help JCCM feed the children in Jefferson County each weekend this summer.

The goal is to give every child two nutritious “food to go” bags to take home Friday in order to have lunch and breakfast Saturday and Sunday. This year, we are also including small activities or games for the youth.

How you can help

Donate Food & Activities (anytime Mon-Wed)

Help pack the food bags (Thurs @ 11am)

Be a driver to deliver the lunches (Mon-Fri)

Distribute & chaperone the lunch at Ranson Community Gardens (Wed @ 1pm-2pm)

DONATE FOOD FOR THE CHILDREN

Every Friday, the children will receive “food to go” bags. The food bags should include:

- Main dish (may be microwavable items such as, soup, Beefaroni, mac and cheese, tuna packs, etc.)
- Snack/side for lunch (veggie snacks, cheese and crackers, trail mix, etc.)
- Fruit or fruit cup
- Drink (small water and one other non-soda beverage)
- Dessert item
- Breakfast item (granola bar, oatmeal, muffin, etc.)

Tips for helping fill the food bags:

- We need plastic grocery bags to pack each lunch/breakfast for each day
- Food bags will not be refrigerated, so please be sure the food is nonperishable
- Homemade food is acceptable if each item is individually wrapped (i.e. cookies, muffins, etc.)
- Fresh fruit that is brought in should be on the hard side and used during the current week
- Food that contains nuts or peanuts should be marked accordingly

Food can be dropped off at JCCM: 238 West Washington Street, Charles Town, WV 25414



Jefferson County Community Ministries
238 West Washington Street
Charles Town, WV 25414
Phone: 304-725-3186
Fax: 304-724-6380
Email: info@jccm.us

DONATE ACTIVITIES FOR THE CHILDREN

To help keep children's minds sharp during the summer, we would like to include activities for children in pre-school, elementary school, and some middle school age kids. Keep our kids busy by donating educational and fun items, such as:

- Reading books and activity books
- Pencils and crayons
- Games (both fun and educational)
- Card games (i.e. Go Fish, Uno, Crazy Eights, Old Maid)

Activities can be dropped off at JCCM: 238 West Washington Street, Charles Town, WV 25414

VOLUNTEER TO HELP PACK THE FOOD BAGS

- We need 10 volunteers to meet each Thursday at 11:00am at JCCM to assemble the food bags
- It will take approximate 90 minutes to pack the lunch and activity bags

BE A DRIVER TO DELIVER THE FOOD TO THE LUNCH LOCATIONS

The Feed To Achieve program is still looking for drivers to help deliver the food to the lunch locations in the county every Monday through Friday.

DISTRIBUTE AND CHAPERONE THE LUNCHES AT RANSON COMMUNITYI GARDENS

Ranson Old Town Community Gardens has been added to the list of lunch locations in Jefferson County on Wednesdays only. After the children eat their lunch in the picnic area of the garden, children will also have the opportunity to learn about planting and growing their own vegetable plants.

If you're interested in volunteering
Email training@mindcross.com