



# Backpack

a program of The Idaho Foodbank

IMPACT REPORT AUGUST 2019

Together,  
we can solve  
hunger.



The Idaho Foodbank's Backpack program ensures that students who are chronically hungry have access to adequate food over the weekend by providing them with a backpack full of nutritious, kid-friendly food every Friday during the school year.



## Making a Difference in Children's Lives

The Backpack program does far more than satisfy hungry tummies. It improves a child's social, emotional, and physical well-being. In addition, it creates happier families by relieving parents of the fear and anxiety associated with not being able to provide for their children. When basic needs are met, children and families can thrive.

## Solving Childhood Hunger

2018-2019 SCHOOL YEAR

63,148

backpacks distributed statewide

2,872

children served statewide

157/49

participating schools and districts

205

children on program waiting list

## Survey Results Tell the Story

- **88%** of parents definitely or somewhat agreed that the Backpack program helped stretch their household dollars to be used for other critical family needs.
- **95%** of parents definitely or somewhat agreed that the Backpack program has made a positive difference in the well-being of their child.
- **96%** of school coordinators rated the Backpack program as very beneficial to children and families.



## An Investment in the Future:

Children need nutrients to grow in mind, body, and spirit. When hunger is not a factor, kids are able to concentrate on learning, explore play and develop social skills; building a foundation that equips them to reach their full potential.

Hungry kids are at serious disadvantage when they enter school. They're more likely to repeat a grade, come to school late, or miss it entirely. The good news: 43% of school staff who implemented the Backpack program in Idaho saw a rise in attendance and 73% of these same administrators reported an improved morale in the students who received these nutritious packages for the weekend.

"We serve grades 1-8 with a few high schoolers. Most of these children come from very low income environments. The students are very grateful for the program and look forward to it every week. Thank you very much for providing this service."

– School Staff Member

"Truthfully, this program has been an amazing resource for my son. I don't have to worry about him on the weekends now."

– Parent

"Makes me feel like we are going to survive and make it through the hard and tough times."

– Backpack Recipient



### Food AND Resources:

#### Delta Dental's Support

Hunger is often a symptom of other challenges in the home including access to medical and dental care. The Backpack program provides more than healthy food and hope thanks to great partners like Delta Dental. A child's eating patterns and a lack of access to healthy food increases their risk for oral health problems. Delta Dental is helping those facing hunger by providing toothbrush kits in our Backpack bags twice a year. These kits include a new toothbrush, tooth paste, dental floss and information to educate parents and children on the importance of dental health.

### About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. In its 35-year history, The Foodbank has distributed millions of pounds of food through its facilities in Boise, Lewiston, and Pocatello. In the last fiscal year, The Foodbank provided food for nearly 17 million meals to Idahoans in need. The Foodbank distributes food through a network of more than 400 community-based partners including schools, food pantries, senior centers, feeding sites, shelters, and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on healthy food options and partners with community programs to promote nutrition education and healthy living. Visit [www.idahofoodbank.org](http://www.idahofoodbank.org) for more information.



BACKPACK PROGRAM  
SUPPORTED BY:



— Foundation —



The only Idaho nonprofit to receive a four-star rating for 10 consecutive years.

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