

MIGHTY MEALS

Food or hunger should never be an issue for kids, but many of our children are poverty level or below and go hungry over the weekend. Mighty Meals consist of shelf stable foods that are kid friendly and easy to prepare. Help us build Mighty Meals so every Friday struggling students are sent home with a Mighty Meal to ensure they have something to eat over the weekend.



What's Inside a Mighty Meal

- Whole Grain Cereal
- 2 Fruit & Vegetable Juice Boxes
- Sunflower Kernals
- Oatmeal Bar
- Beef Stick
- Goldfish Pretzels
- Goldfish Crackers
- Applesauce Pouch
- Pudding
- Education Snacks
- 2 Chef Boyardee Pasta Meals (variety)
- Campbell's Chicken Noodle Soup (low sodium)



How you can help conquer hunger

For additional information, contact Chrissey Barrett Haslam at chaslam@tchcincy.org.

Sponsor a pack

An individual pack costs \$5, which will provide one student a Mighty Meal over the weekend. For \$20 you can sponsor a student for an entire month of Mighty Meals.

Sponsor a week

By donating \$300 you can provide all students in the Mighty Meal program a meal for the weekend.

