

# EVERY MEAL

## FIGHTING CHILD HUNGER



**Every Meal Program Handbook  
2024-2025**

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# WELCOME

Every Meal is a 501 (c) (3) nonprofit organization with a mission to fight child hunger through community and school partnerships. We strive to make a difference in children’s lives by specifically focusing on food gaps – the times when children aren’t at school to access meal programs. Every Meal supports families with programming over the weekends and summer.

Providing children with wholesome food is our focus, and their growth and achievement is at the heart of everything we do. Every Meal’s mission and goals of our Program(s) can be found at [www.everymeal.org](http://www.everymeal.org).

We hope you will connect with our core values of **commitment, thoughtful communication, positive impact, and relationships**. Your dedication to these values is crucial to the overall success of the program. We truly could not make an impact on child hunger without your support – thank you!

## How to use this Handbook

This Every Meal Program Handbook is designed to help you in your role as the facilitator of Every Meal for your site. It includes resources, general information, and requirements for promoting and implementing the Every Meal Program(s). The Handbook supplements the Participation Agreement between the site and Every Meal.

We understand that each site has its own unique layout, culture, and policies. Our hope is that the Handbook will serve as a guide and provide you with tools which can be tailored for your specific situation. To access this Handbook and all editable documents from Every Meal, please visit the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)



# GLOSSARY

**Bag Type:** We offer multiple options of food bags to best meet families' needs and preferences.

**Bag types should be referred to by their corresponding color:  
Blue bags, Green bags, Orange bags, Purple bags, Yellow bags**

**Bag Variety:** Variation of food within each bag type. (Refer to the Bag Types & Labels Section of the Handbook)

**Community Site:** A place or organization within the community that will make Every Meal food available to the community.

**Community Sponsor:** An organization or business that partners with the site to provide funding for the program and/or volunteers to distribute food bags.

**Decision Maker:** Person(s) with authority responsible for signing the annual Participation Agreements on behalf of the partnering organization. Examples may include the principal on behalf of an individual school or superintendent on behalf of an entire school district.

**Delivery:** When boxes of food are delivered to a site.

**Delivery Contact:** This is the site staff member who will receive deliveries from Every Meal and facilitate food being moved to the storage location. Typically this is a custodian or the main office. They will receive an email notification when a delivery is expected and may be contacted by phone by the Every Meal delivery driver for assistance accessing the building.

**Delivery Week:** The week your site can expect your scheduled monthly delivery.

**Distribution:** When food bags are given out to students each week, typically on the last day of the school week.

**Distribution Volunteer(s):** The person or people who complete a distribution at an education site.

**Education Site:** An individual school or school district.

**Enrollment Numbers:** The total number of students enrolled for each bag type. These change as students opt in and out of the program or switch bag types.

**Enrollment Numbers Submission:** Once a month, each Site Coordinator submits an update of the number of students enrolled per bag type (at education sites only).

**Food Bag:** 4-5 pounds of nutritious, nonperishable food, including a variety of fruits, vegetables, proteins, and grains, provided by Every Meal to sites to distribute to children and families.

**Inventory Submission:** After the distribution on the day highlighted in yellow on the Program Calendar, Site Coordinator or Volunteers should count and record current quantity of food bags (by color) on site. Site Coordinator will submit this inventory along with enrollment numbers the following week.

**Participation Agreement(s):** Participation Agreement(s) contain the commitment made by the education site, community site, and/or community sponsor with Every Meal in partnering to fight child hunger. The document contains all necessary pieces to execute the program well and is signed by all parties in agreement prior to the start of the partnership each year.

**Program Coordinator:** Your site's point person at Every Meal.

**Site Coordinator:** The staff person who coordinates Every Meal's Program at the site.

**Toolkit:** A page on our website that provides Every Meal resources: [everymeal.org/weekend-meal-program-toolkit](http://everymeal.org/weekend-meal-program-toolkit).

**Volunteer Coordinator:** The community partner who manages and schedules volunteers for the food distributions (the Site Coordinator may also fulfill this role).

**Weekend Meal Program Distribution Volunteer:** Volunteers provided through Every Meal, not from a Community Sponsor (defined above).

# EVERY MEAL OVERVIEW

## MISSION

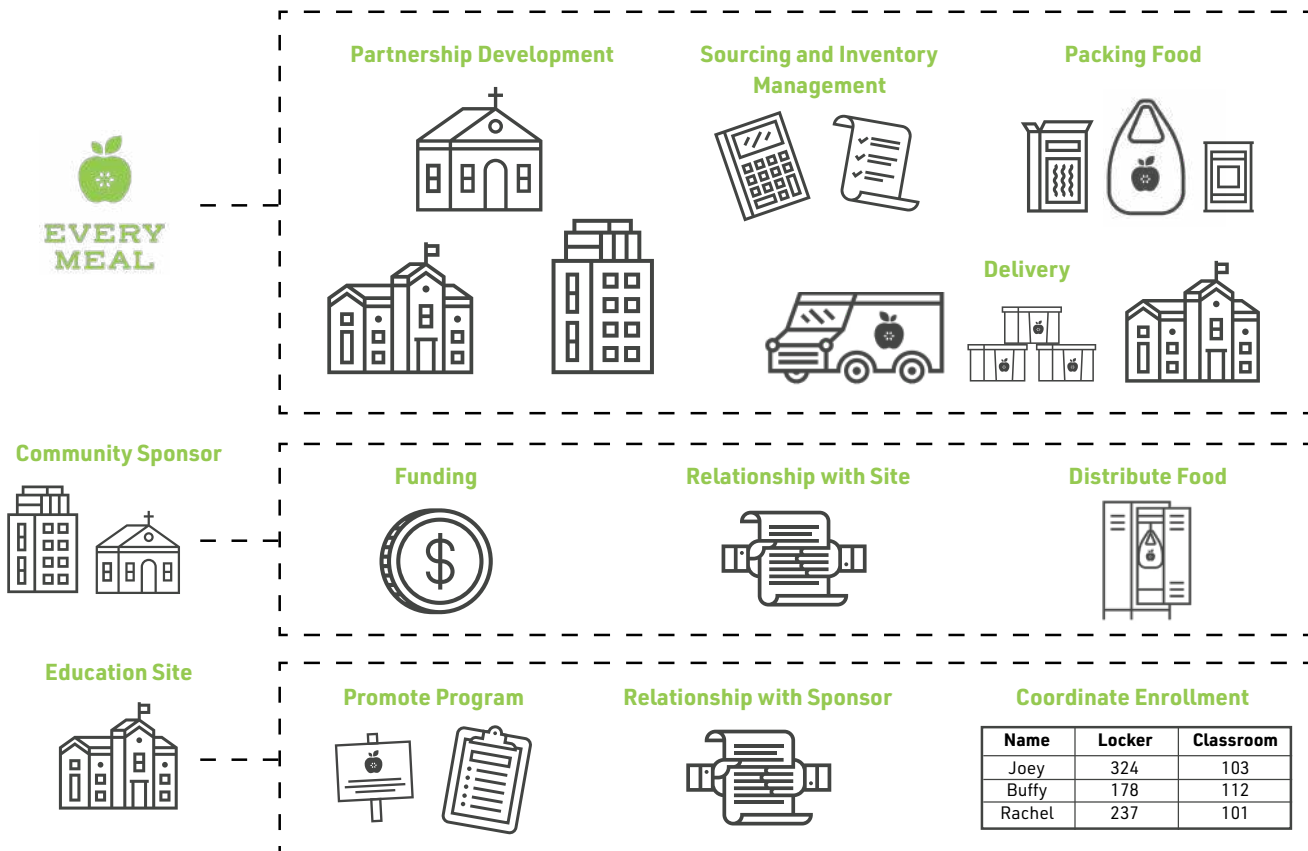
Fight child hunger through community and school partnerships.

## VISION

Every child. Every meal. ®

**Background:** In 2010, Every Meal (formerly The Sheridan Story) began by providing weekend food bags to one kindergarten classroom at Sheridan Elementary in Northeast Minneapolis. Every Meal recognized that food insecurity was happening throughout the Twin Cities, and became a nonprofit in 2013 to grow their network of community and school partners.

Through our network of community partners, we work hard to get food to children who are experiencing food insecurity, which means they don't have consistent access to enough food for an active, healthy life. Every Meal strives to make a difference in children's lives by specifically focusing on food gaps – the times when children aren't at school to access meal programs. Every Meal supports families with programming over the weekends and summer.



# SECTION 2: PROGRAM RULES

These rules apply to all individuals and sites that interface with the Every Meal Weekend Meal Program. If you have questions, please contact your Every Meal Program Coordinator.

**General Rules.** The following general rules are applicable to the Program:

- The food provided by Every Meal to site(s) is intended for use exclusively in conjunction with the Program. The food may not be used for any other purpose without prior approval of Every Meal. This includes, but is not limited to, sale of the food bags.
- No additional item(s) (e.g., candy, additional food, written materials including brochures and flyers) may be distributed in conjunction with Program bags unless prior written approval has been obtained from both Every Meal and site(s).
- No religion or faith may be promoted in conjunction with the Program. This includes, but is not limited to, dissemination of religious materials, invitations to events hosted by a religious organization, or use of religious music or art in conjunction with distribution of Program bags.

**Student Privacy and Confidentiality Rules.** The following rules regarding student privacy and confidentiality are applicable to the Program:

- Every Meal will follow any and all site-provided requirements regarding student and/or site privacy and confidentiality.
- Every Meal will not take photographs or video of students who participate in the Program, or release any image or statement that can be used to identify such students.
- Every Meal will obtain any and all necessary permission before disseminating any information about site employees or students that may be deemed private or confidential under Minnesota law.

**Child Safety Rules.** In addition to laws, regulations, and site-specific child safety rules, the following Every Meal policies apply to the Program:

- Any individual who has reason to believe that a child may have been, currently is, or will be abused physically, emotionally, sexually or in any other manner by a person(s) connected to Every Meal should contact the most senior individual possible at the site.
- After ensuring that site administration has been adequately notified and that they are taking action to ensure the child is safe, the President of Every Meal should then be contacted immediately, to the extent that such contact is permitted by applicable law.
- The President will notify the Every Meal Board of Directors who will be involved in further action. Every Meal will then notify the most Senior Officer of any partner organization that may be involved.

**Every Meal will defer to and cooperate with site policies and procedures that pertain to such situations.**

**Discretion:** Every Meal works hard to ensure that food will be distributed discreetly to children enrolled in the Program. It is incredibly important that no student ever be singled out, or feel embarrassed for receiving a food bag. Here are some examples of what discretion means to Every Meal:

- **Never write a child's name or any other information on the outside of the food bags.**
- **Never ask a child to come into the hallway to identify their backpack, especially in front of other students.**

# OUR FOOD

## Our Commitment

Every Meal is committed to providing food that is nutritious, delicious, and relevant which retains the dignity of our children and families.

**Nutritious:** Registered Dietitians have worked to ensure all of our bag types meet current nutrition standards for children and youth as outlined by the Dietary Guidelines for Americans and the National School Lunch and Breakfast Programs.

**Delicious:** Every Meal continually gathers feedback from taste tests and program participant surveys. For each item we provide, we make sure it looks, smells, and tastes delicious.

**Relevant:** What good is dried rice if a family doesn't have access to a kitchen to cook it? What good is macaroni and cheese to an immigrant family who is unfamiliar with how to prepare the item? What good are pork and beans if a family's religion forbids eating pork? We offer five food bag options with a variety of menus designed to be relevant for the various dietary preferences of the children and families we serve.

## Weekend Food Bags

Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, nonperishable food, including a variety of fruits, vegetables, proteins, and grains. Bag types are identified by different colors of the Every Meal logo. Each color has four bag variations to ensure families do not receive the same items every week.

### Blue Bag

Tailored for East African dietary preferences, this bag is pork-free and may contain items such as tuna, spaghetti, black-eyed peas, corn flour, and tomato products.



### Purple Bag

Tailored for Southeast Asian dietary preferences, this bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges.



### Green Bag

Tailored to offer the widest variety of food items, this bag may contain items such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits.



### Yellow Bag

Tailored with all ready-to-eat items which require little or no preparation, this bag may contain items such as dried fruit, chicken salad, sunflower seeds, granola, pasta cups, and soups.



### Orange Bag


Tailored for Latino dietary preferences, this bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles.

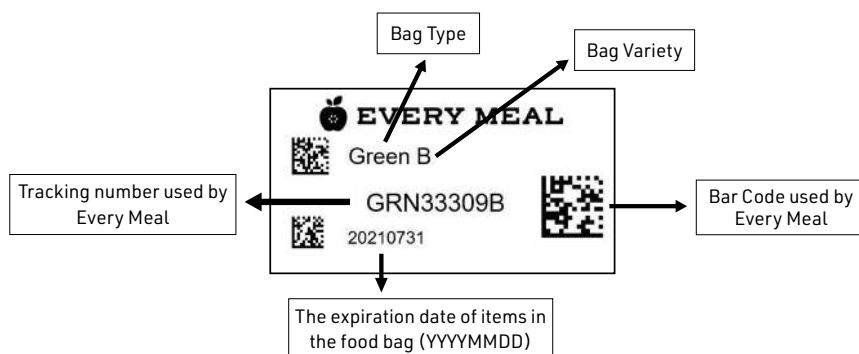


# BAG TYPES AND LABELS

Every Meal currently has five different food bag options. Each food bag type is distinguished and referred to by color. The Every Meal apple logo on the food bag will correspond to the same color label on the box it came from. For example, an orange apple on the bag will correspond to the box with an orange label.

## Bag Type Overview:

LABEL COLOR	LOGO COLOR
Blue	
Green	
Orange	
Purple	
Yellow	



Each Every Meal Bag Type (Blue, Green, Orange, Purple, Yellow) has four varieties (A, B, C, D). Each variety letter represents a bag with unique contents or recipes. Your Program Coordinator will send a mixture of bag varieties to help ensure families receive an array of items week to week.

**Orange A** 🍊  
 Pineapple  
 Tomato Sauce  
 Chicken  
 Fideo Pasta  
 Chipotle in Adobo

**Orange B** 🍊  
 Pears  
 Corn  
 Black Beans  
 White Rice  
 Enchilada Sauce

**Orange C** 🍊  
 Peaches  
 Carrots  
 Tuna  
 Corn Flour  
 Diced Tomato

**Orange D** 🍊  
 Mango  
 Peas  
 Pinto Beans  
 Brown Rice  
 Diced Green Chile

\*This is a generalized content list and does not reflect the actual bag contents.

Every Meal provides a Variety Tracker (link found in Toolkit) which should be used when there are 1-3 students enrolled in a single bag color. This sheet will help you track varieties used each week. This is an important factor in making sure families are not receiving the same bag contents 2-6 weeks in a row.

EVERY MEAL Variety Tracker		EVERY MEAL Purple C



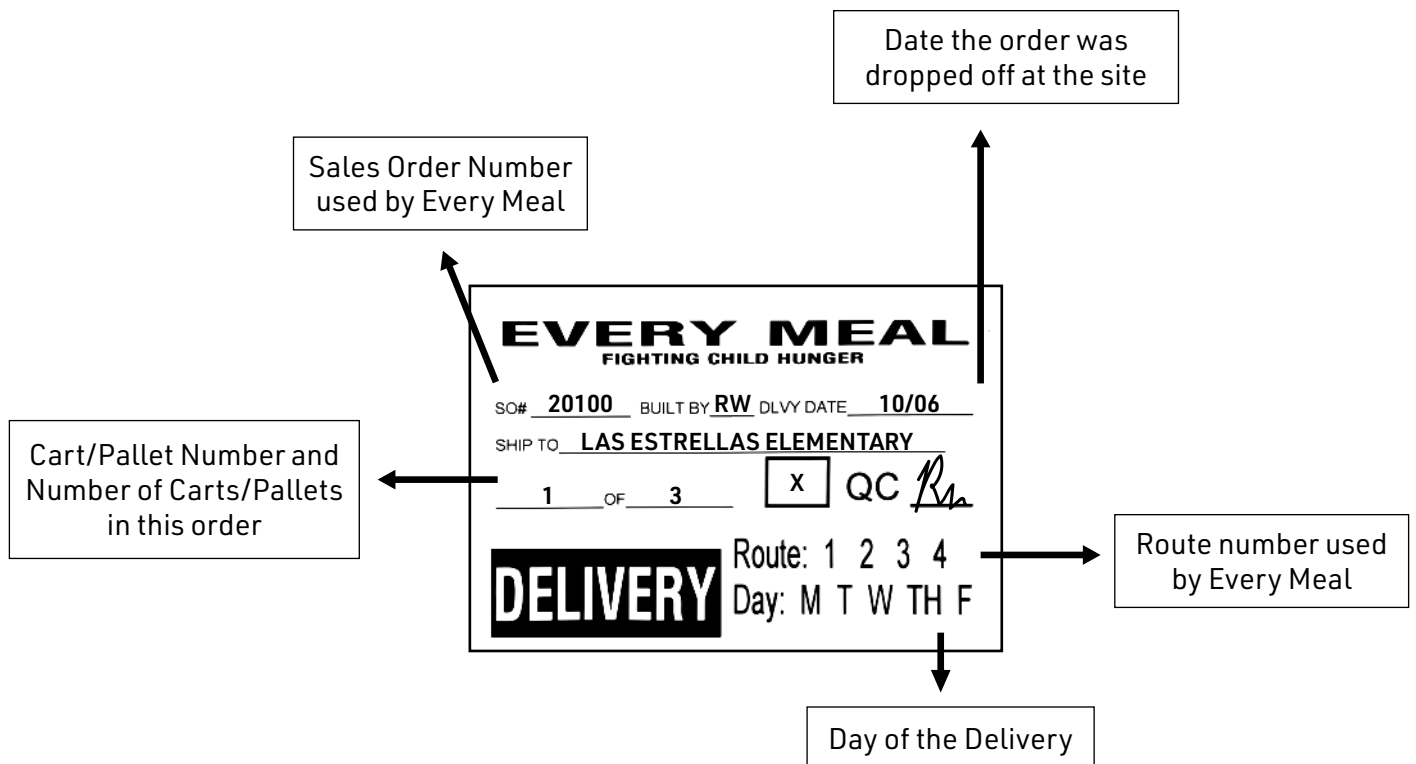
# FOOD DELIVERIES

Every Meal generally delivers food to sites Monday through Friday between 8am- 3pm (unless otherwise communicated to your Program Coordinator). Please have your empty boxes, carts and any additional items to be returned to Every Meal gathered in one location, either in your food storage area or near your delivery entrance, for our drivers to retrieve during your delivery.

We ask that the Site Coordinator makes office staff and building employees aware of Every Meal and our delivery process in order to avoid confusion and mishaps.

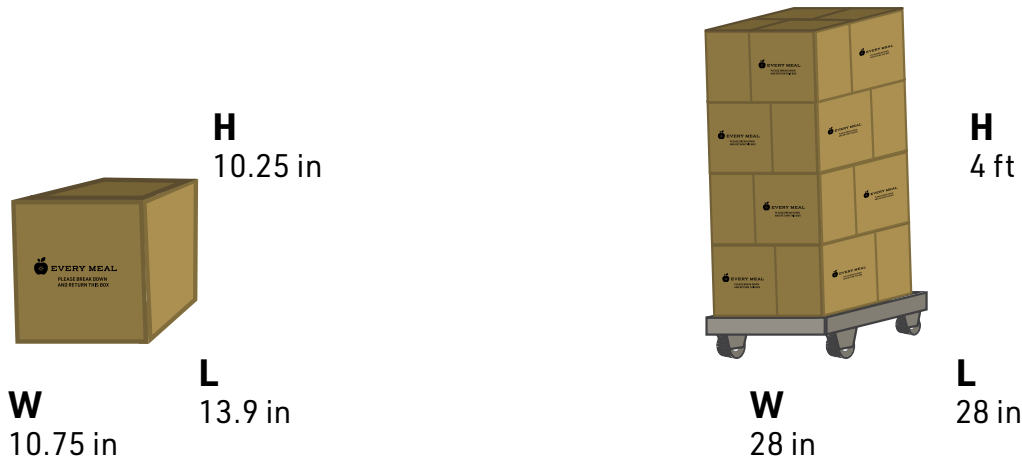
Your site's designated Delivery Contact will receive a delivery notification email prior to your food's arrival which will contain an ETA and tracking link. They will also receive a delivery confirmation email once our drivers have marked your order as completed.

On every delivery you will find a delivery sticker - see image below for all the info it contains. **It is most important for you to confirm that the school name written on the sticker is correct before removing the plastic wrap.**



# FOOD STORAGE SPACE

Every Meal provides a variety of delivery methods to accommodate various building entrances and storage spaces. Below are examples and images of our different options. The majority of our sites receive food bags in cardboard boxes. For sites with pests, food bags in plastic totes from Every Meal may be an option. Please work with your Every Meal Program Coordinator to find the best fit for your location.

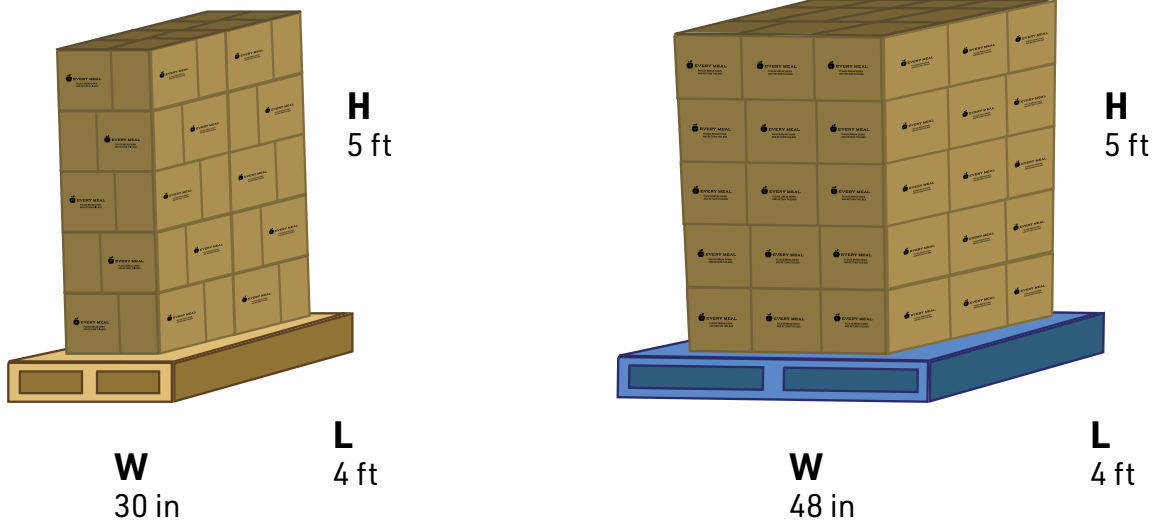


## Standard Box

- Single box (6 bags of food)
- Approx. L: 13.9 in x W: 10.75 in x H: 10.25 in

## Metal Cart

- Holds up to 16 boxes (96 bags of food)
- 4 layers of 4 boxes per layer
- Approx. L: 28 in x W: 28 in x H: 4 ft



## Medium Pallet

- Holds up to 40 boxes (240 bags of food)
- 5 layers of 8 boxes per layer
- Approx. L: 4 ft x W: 30 in x H: 5 ft

## Full Pallet

- Holds up to 55 boxes (330 bags of food)
- 5 layers of 11 boxes per layer
- Approx. L: 4 ft x W: 48 in x H: 5 ft

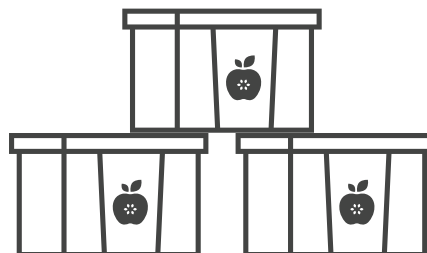
# FOOD STORAGE REQUIREMENTS

Food is one of our most precious resources at Every Meal. Please help Every Meal ensure that it is stored safely so we can feed as many children as possible. All partner organizations with Every Meal must sign a Participation Agreement for the Program timeframe and have agreed to comply with the following food storage requirements.

1. **Applicability:** These food storage requirements are applicable to every location where food provided by Every Meal is stored for any period of time; this includes storage at a site. These requirements are subject to external laws and regulations, as well as relevant best practices, and may be changed from time to time in the sole discretion of Every Meal.
2. Food should be stored in a temperate environment that is well ventilated and generally between 41° F - 70° F.
3. Boxes and totes should never be stored on the ground and should remain closed unless a distribution is taking place. Please ensure they are:
  - 6 inches off the ground – Every Meal pallets and carts work well for this
  - 4 inches away from the wall (for airflow, and to prevent mildew)
  - 2 feet from the ceiling
4. Boxes should not be stored:
  - Directly under pipes
  - Under stairwells
  - In bathrooms
  - Near chemicals
  - In a spot where students can tamper with the food
5. Following a distribution, any remaining bags should be sorted according to the bag colors and returned to the corresponding boxes. Boxes containing food should always be resealed or shut to the best of your ability prior to returning a box to storage. Totes containing food should always have their lids securely fastened.
6. **Receiving requirements:** Every Meal food must be inspected when it is received while Every Meal staff are there. This includes inspection of:
  - Totes for openings in the base or lid, such as holes or cracks:
    - If an opening is noted, and it is suspected to be caused by a pest, reject the delivery and contact Every Meal immediately. (See also "Pests and possible contamination".)
  - Boxes for openings such as holes or tears:
    - If an opening is noted and it is suspected to be caused by a pest, reject the delivery and contact Every Meal immediately. (See also "Pests and possible contamination".)

- Bags for tears and holes:
  - Food distributed to the students must be safe.
  - Dispose of the damaged product(s).
  - Remaining bag contents can be set aside with a note "Return to Every Meal." Every Meal staff will collect the items at the earliest convenience.
  - We recommend that you not try to determine if any of the food in the bag is still sanitary and safe to be distributed to the students. When in doubt – send it back.
  - If a bag is suspected of being contaminated by a pest, reject the delivery and contact Every Meal immediately. (See also "Pests and possible contamination".)

7. **Pests and possible contamination:** If pests are noted in the storage location, proceed as follows:
- Pest contamination when Every Meal is at fault, includes pest(s), and/or the evidence of pest(s), in the bags, totes, and/or boxes at the time the bags are received. (See also "Receiving requirements".)
  - Pest contamination when the storage location is at fault includes pests and/or the evidence of pest(s) in the bags, totes, and/or boxes in which pests are noted after receiving and/or storage of the food items. Contact Every Meal immediately. The storage location will be responsible to investigate and resolve, at their cost, the pest contamination, or make special arrangements to store the food in a different location, and contact a pest control service at the cost to the storage location. Every Meal will require confirmation of remedies.



# SECTION 3: EVERY MEAL RESPONSIBILITIES

The list below provides a summary of responsibilities of Every Meal, as detailed in the Participation Agreement. Please contact your Every Meal Program Coordinator for a full copy of the annual Participation Agreement.

## **Every Meal will:**

1. Provide sites with relevant Every Meal rules, procedures, and policies (as revised from time to time at the sole discretion of Every Meal), including but not limited to those provided within the Participation Agreement.
2. Screen, train, and supervise Every Meal employees on Every Meal and site-provided policies that are applicable while on the site property. Assist the site and sponsor, if applicable, with planning and implementation of the Program.
3. Procure, package, store, and coordinate delivery of food to the location determined by mutual agreement with site.
4. Upon request and subject to availability, provide a cart for use in distributing food at the site.
5. Plan, facilitate, and manage the packing of food bags, including food-packing events where volunteers place food in bags in preparation for delivery and distribution to students in conjunction with the Program.
6. Follow all necessary and proper food packaging and handling processes and procedures, including any applicable laws and regulations, to ensure the food is delivered to the site in uncompromised condition and safe for human consumption.
7. Coordinate food inventory management with the site and sponsor.
8. Prepare written materials describing the Weekend Meal Program to be sent home to the parents/guardians.
9. Have sole responsibility for all costs and expenses associated with operating the Weekend Meal program.
10. Actively respond to questions and concerns raised by the site.
11. Take all necessary steps to avoid contamination of the food or packaging (including COVID-19 contamination), in keeping with public health guidance from the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH).

# SECTION 4:

## EDUCATION SITE RESPONSIBILITIES

Prior to the start of the school year, Decision Makers from each education site sign a Participation Agreement with Every Meal. The list below provides a summary of responsibilities of the education site, as detailed in the Participation Agreement. Please contact your Every Meal Program Coordinator for a full copy of the annual Participation Agreement.

### **Education Site(s) will:**

1. Assign a Site Coordinator to serve as the main liaison and key contact person between Site and Every Meal, and to have primary operational responsibility for planning and implementing the Program at the Site.
2. Determine the consent (if any) that education site deems necessary from a parent or guardian of each student who will receive Every Meal food, obtain such consent, and maintain any such authorization in education site files.
3. Maintain an accurate and updated list of students enrolled and participating in the Program at the Site.
4. Provide Every Meal with relevant Site rules, procedures, and policies (as revised from time to time at the sole discretion of Site).
5. Follow the food storage requirements and procedures provided by Every Meal in order to provide safe, secure, and sanitary storage for all food items from the time they are received to when they are distributed to participating students
6. Restrict use of Every Meal-provided equipment (e.g., cart) to Program-related purposes only.
7. Complete Program evaluation materials prepared by Every Meal.
8. Respond to Every Meal data requests, communication, and feedback in a timely manner.
9. Share necessary Every Meal information more broadly with education site staff, as requested, as applicable.
10. Follow all Every Meal protocol and procedures pertaining to Every Meal bags including, but not limited to, obtaining prior permission from Every Meal before including additional materials and/or communication in the bags.
11. Responsibility for providing volunteers to distribute Every Meal food bags within the education site will be determined by mutual agreement.
12. Promote Weekend Meal Program and collect enrollment forms from the parent(s) or guardian of each student who wishes to participate in the Weekend Meal Program.
13. Use the Every Meal web-based reporting process to report key information on a timely basis to ensure Every Meal's ability to provide food for distribution and track accurate inventory levels.
14. Provide oversight to assure that any and all volunteers assisting with the Program at the education site, including those that may be provided by Every Meal or its partners, are in compliance with all Program, Every Meal, and education site rules, procedures, and policies while on the education site's property.

# ENROLLMENT PROCESS



**EVERY MEAL**  
formerly The Sheridan Story

**FREE WEEKEND FOOD  
ENROLLMENT FORM**



Need information in a  
different language?  
Scan the QR code or visit:  
[everymeal.org/free-weekend-food](http://everymeal.org/free-weekend-food)



Enrollment forms are the main way Every Meal communicates to families about the Weekend Meal Program. The paper version of the enrollment form is available in English, Spanish, Somali & Hmong. The digital version contains those four languages in addition to Arabic, Karen, Amharic & Pashto, with more languages planned for the future.

Every Meal strongly recommends that an enrollment form be sent home with EVERY child. This gives each family the opportunity to participate. Families with multiple children may receive one food bag per child enrolled at a partner site.

Families can enroll any time throughout the year. We suggest giving families multiple opportunities to enroll in the program. Ideas for giving out enrollment forms are during open houses, conferences, family events, and before/after extended breaks. A sample letter to families can be found in the Resource and Tools section of this Handbook.

Education sites retain completed enrollment forms for their own records. Every Meal will only ask for the number of students enrolled for each bag type.

Electronic enrollment forms are also available. Contact your Every Meal Program Coordinator for more information. You can access this editable document on the Program Toolkit at:

**[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)**

# EVERY MEAL PROGRAM CALENDAR

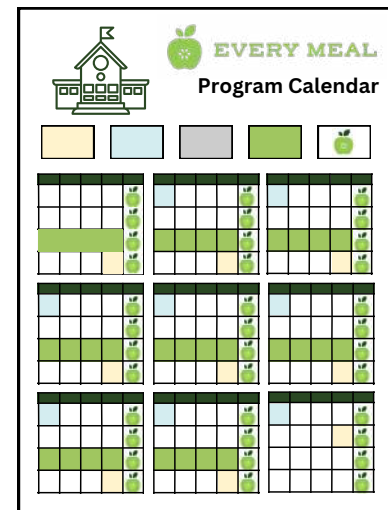
The Every Meal Program Calendar is a school and district-specific calendar created to help sites and volunteers coordinate distribution logistics. Program calendars are emailed out at the beginning of each school year to both Site and Volunteer Coordinators.

## EXAMPLE CALENDAR

**Green Apple:** Indicates recommended distribution day(s) each week.

**Program Start Date:** Every Meal is not suggesting a standard start date this year. The Site and Volunteer Coordinators, if applicable, should discuss the best start date for both parties and communicate the confirmed date to your Every Meal Program Coordinator.

**Enrollment Numbers Submissions:** Once a month, each Site Coordinator submits an update of the number of students enrolled per bag type.



**Inventory Submission:** After the distribution, Site or Volunteer Coordinators should count and record current inventory. Site Coordinators will submit this inventory along with enrollment numbers.

**Delivery Week:** The week your site can expect a delivery of food bags from Every Meal each month.

**Program End Date:** The final distributions for the school year will be the Thursday and Friday before the last week of school. Every Meal will not send additional food for the second distribution, but this will allow schools to distribute any extra food that has accumulated. If your school finishes your supply of food on Thursday, the Friday distribution will not be necessary.

You can access the PDF version of your school's calendar as well as a link and directions to add a digital version of the Program Calendar to your personal calendar on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)



# EDUCATION SITE DISTRIBUTION VOLUNTEER RESPONSIBILITIES

Responsibility for providing volunteers to distribute Every Meal food bags within the education site will be determined by mutual agreement. In the annual Participation Agreement, Every Meal and each education site have agreed that responsibility for background checks will be allocated as followed:

- If volunteers are provided via Every Meal, then Every Meal is responsible for doing a background check on each person that will be in the education site and will provide only volunteers who have passed that check.
- If volunteers are provided via a third party (a "Community Sponsor"), then the education site will have sole responsibility for doing any background checks that it deems necessary for each person that will be in the education site.
  - The third party will be responsible for any costs associated with the check.

## **Volunteer Coordinator Responsibilities:**

1. Share-out our distribution volunteer training video and Best Practices document to all volunteers prior to their first distribution.
2. Train employees and/or volunteers in accordance with policies provided by the education site and outlined in this Handbook by Every Meal.
3. Organize and schedule employees and/or volunteers for weekly food distributions.

## **Distribution Volunteer Responsibilities:**

1. Distribute food bags each week, using the procedures and schedule designated by the education site.
2. Communicate inventory levels and needs to Every Meal on a timely basis to ensure Every Meal's ability to provide food for distribution as needed.
3. Respond to data requests, communication, and feedback in a timely manner.

# DISTRIBUTING FOOD TO CHILDREN

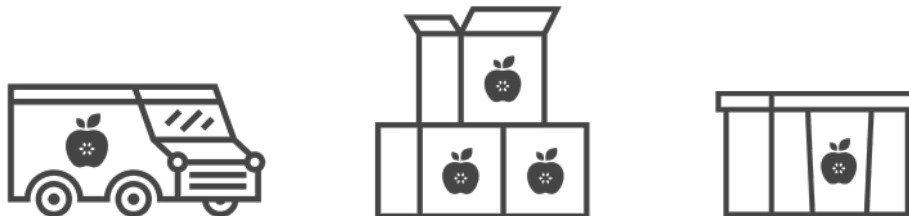
After the education site has promoted the Weekend Meal Program and enrolled students, it's time to begin distributing the food bags. Each site has its own preferences and procedures for getting food bags to students, but Every Meal has a few key guidelines.

This section goes over preparing for and completing a distribution and addresses commonly asked questions.

Page 17 - **Distribution Volunteer Recruitment Flyer**

Page 18 - **Distribution Best Practices**

Page 19, 20 - **Distribution FAQs**



# DISTRIBUTION VOLUNTEER RECRUITMENT FLYER

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)

## Purple Elementary

In partnership with  EVERY MEAL



### VOLUNTEERS NEEDED

**contact  
info**

# DISTRIBUTION BEST PRACTICES

## **Best Practices for Creating a Weekly Distribution List:**

To help ensure a smooth and successful distribution, the weekly distribution list should include the following column headers:

- Teacher's name and/or classroom number
- Student's locker number or cubby location
- Student's first name - last names should not be included
- Food bag color (Blue, Green, Orange, Purple, Yellow)
- Grade
- Backpack description
- A "Yes/No" column for volunteers to indicate if the food bag was distributed
- A "Notes" column for volunteers to leave a brief comment relevant to the distribution
- Make sure to start fresh with a new list each year

\*An editable version of this document can be found on the Program Toolkit at:

**[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)**

## **Best Practices for Site Coordinators:**

- Share this list with anyone who helps with the distribution process: volunteers, teachers, staff, etc.
- Update the distribution list weekly to reflect changes in enrollment. Throughout the school year, families may opt in or out of the program or may simply wish to receive a new bag color.
- **Print a new list each week that is accurate, up to date, and clean from the previous week's notes.**
- Check the distribution list after every distribution. Follow up with staff, students, or families as needed. For example, if a student leaves the food bag in their locker, check in with that student to determine why the bag didn't make it home.

## **Best Practices for Distribution Volunteers:**

Every Meal works hard to ensure that food will be distributed discreetly to children enrolled in the program. It is incredibly important that no student ever be singled out, or feel embarrassed for receiving a food bag. Below are a few ways to help protect the privacy and dignity of those participating in our program:

- **Never write a child's name or identifying information on the outside of the food bags.**
- **Never ask a child to come into the hallway to identify their backpack, especially in front of other students.**
- Teachers who distribute food bags within their classrooms should do so while the classroom is empty such as lunch time or recess.
- If students are in the hallway during a food distribution, volunteers should wait off to the side until students return to their classrooms. Volunteers can also continue with the distribution in another area of the school and return when things have quieted down.
- Questions about the bags from students who aren't in our program should be politely and vaguely answered.
- **Box cutters, pocket knives, etc. are not allowed on school grounds. You may bring child safe scissors or ask the school office for a similar item to assist with opening/ breaking down boxes.**

# DISTRIBUTION FAQs

## **Can additional items be added into the bags?**

- No additional item(s) (e.g., additional food, flyers, etc.) may be distributed in **conjunction with Weekend Meal Program bags unless prior written approval** has been obtained from both Every Meal and the site. Contact your Every Meal Program Coordinator for more details.

## **Can't find the correct locker?**

- Please continue distribution until all other bags have been passed out. The volunteer can then go to the main office and ask for assistance from school staff in finding the correct location.
- Please avoid interrupting staff or students to ask them to come into the hall and identify the locker.

## **No backpack in the locker?**

- If students share lockers or use open cubbies/hooks, please make a note on the distribution list of "no backpack." The designated school contact can then follow up to determine whether the student is absent, doesn't have a backpack, moved lockers, etc.
- In schools where teachers are responsible for placing the food into the backpacks, the teacher may keep the bag of food and give to the student when they return to school.
- If there is only one student using the locker, one food bag may be left in the locker for the student to take when they return to school.

## **Already a bag of food in the student's locker?**

- Please do not give the student a second bag of food (2 bags can be too heavy for many students to carry!) and make a note on the distribution list. The designated Site Coordinator should then follow up with the student to ensure the food is brought home. Conversations with the parents/guardians may need to take place if this is a recurring issue.

## **Not sure which is the correct backpack?**

- If after a brief search you cannot identify the correct backpack, please skip that child and make a note on the distribution list so that the Site Coordinator is aware of the situation. The Site Coordinator will follow-up with that student separately. We always want to ensure the food is going home with the correct student.

## **Not enough food on the day of distribution?**

- If you are short on food on the day of distribution, call your Program Coordinator or the Every Meal office at 612-568-4003.
- We will do our best to get food to the school as soon as we are able.
- Reference the Program Calendar for the upcoming delivery.

## **Ran out of a specific bag type?**

- If you run out of a specific bag type, please supplement with other bag types on-site. We would prefer students take home a different bag type versus no bag at all.
- Inform your Every Meal Program Coordinator of the shortage.

## **Partial bags or leftover food items found in the hallways or sitting around the school?**

- Remaining bag contents can be used to the site's discretion.
- Please contact your Every Meal Program Coordinator to discuss additional options, if needed.

### **Food bags that have been compromised by pests?**

- Please refer to "Food Storage Requirements" on page 9.

### **Food bags that have damaged items? (e.g. pierced can, punctured bag of rice, etc.)?**

- Dispose of the damaged product(s).
- Inform your Every Meal Program Coordinator of the shortage so that we can send another delivery.

### **Empty boxes?**

- Once boxes have been emptied, please break down the boxes and keep them in an organized stack near the food storage location. Every Meal staff will pick these up with the next scheduled food delivery. Typically we can reuse the boxes at least three times – a huge cost savings which means more food to children!

### **How do I protect student privacy while distributing food bags?**

- It is incredibly important to Every Meal that no student ever be singled out or feel embarrassed for receiving a food bag.
- Here are a few things to keep in mind to help protect the privacy and dignity of those participating in our program:
  - **Never write a child's name or any other information on the outside of the food bags.**
  - **Never ask a child to come into the hallway to identify their backpack, especially in front of other students.**
- Lockers and backpacks should have name tags or descriptions on the distribution list so that students don't need to point them out to volunteers.
- If students are in the hallway during a food distribution, volunteers should wait off to the side until students return to their classrooms. Volunteers can also continue with distribution in another area of the school and return when things have quieted down.
- Teachers who distribute food bags should do so while the classroom is empty (lunch time, specialist, recess, etc.).
- Teachers who distribute should also include directions in their sub notes if they are out on a distribution day.
- Questions about the bags from students who aren't in our program should be politely and vaguely answered:
  - "We are just delivering something that was ordered."
  - "We are sending something home to parents."
  - "We are working on a special project."

### **How does Every Meal handle food allergies?**

- Every Meal will try to accommodate the needs of students with severe allergies. Every Meal encourages students and/or families to look through the food items in each food bag to ensure it is safe for consumption. Every Meal is not liable for any illness due to a severe food allergy that occurs as a result of consumption.

### **Additional comments, questions, concerns?**

- Please contact the Every Meal Program Coordinator for your site. We are here to help!
- Not sure who that is?
  - Contact our main office at 612-568-4003. Be ready to share your site/school name and city/district and we will get you in touch with the correct person.

### **Can I distribute a second bag before long breaks (MEA, Winter & Spring)?**

- No, please refrain from distributing two or more bags during a distribution. Your Program Coordinator calculates your delivery based on a single predesignated distribution day, as seen on your Program Calendar.

# SECTION 5: COMMUNITY SITE RESPONSIBILITIES

Prior to the start of the fiscal year, Decision Makers from each community site sign a Participation Agreement with Every Meal. The list below provides a summary of responsibilities of the community site, as detailed in the Participation Agreement. Please contact your Every Meal Program Coordinator for a full copy of the annual Participation Agreement.

## **Community Site(s) will:**

1. Assign a Site Coordinator to serve as the main liaison and key contact person between Site and Every Meal, and to have primary operational responsibility for planning and implementing the Program at the Site.
2. Follow the food storage requirements and procedures provided by Every Meal in order to provide safe, secure, and sanitary storage for all food items from the time they are received to when they are distributed to participating children.
3. Restrict use of Every Meal-provided equipment (e.g., cart) to Program-related purposes only.
4. Complete Program evaluation materials prepared by Every Meal.
5. Respond to Every Meal data requests, communication, and feedback in a timely manner.
6. Share necessary Every Meal information more broadly with site staff, as requested, as applicable.
7. Follow all Every Meal protocol and procedures pertaining to Every Meal bags including, but not limited to, obtaining prior permission from Every Meal before including additional materials and/or communication in the bags.
8. Provide Every Meal with relevant Site rules, procedures, and policies (as revised from time to time at the sole discretion of Site).

# SECTION 6:

## RESOURCES & TOOLS

Promoting Every Meal at your education site involves communicating to families and staff about the availability of the Weekend Meal Program. This is the first and most important step of getting started each school year.

This section contains the following tools, resources, and ideas for program promotion. All of the following resources are available in the program toolkit.

Page 23 - **Weekend Meal Program Flyer:** Pass this out to staff, post it, highlight the information in a staff meeting. The Weekend Meal Program Flyer is designed to help staff accurately share information about Every Meal program with families.

- The task of enrolling families in Every Meal program should not fall on the Site Coordinator alone.
- Staff should be aware that Every Meal is a resource within their site and be equipped to promote the program to families who may wish to enroll.

Page 24 - **Sample Letter to Families**

Page 25 - **Distribution List Template**

Page 26 - **Social Media Templates:** Created by Every Meal for use on your site's social media pages.

Page 27 - **Promotional Tools for Secondary Schools:** Additional tools which can be used in conjunction with the enrollment forms to reach older students.

Page 28 - **Additional Ideas for Promotion**

Page 29 - **Distribution Checklist**

**Visit our Weekend Meal Program Toolkit at:**

**[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)** for digital promotional resources in multiple languages, distribution list templates, program best practices, and more.



# WEEKEND MEAL PROGRAM FLYER

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)



## EVERY MEAL

### WEEKEND MEAL PROGRAM

### OUR MISSION

FIGHTING CHILD HUNGER THROUGH COMMUNITY AND SCHOOL PARTNERSHIPS

### OUR STORY

Every Meal is a 501 (c) (3) nonprofit organization with a mission to fight child hunger through community and school partnerships. We strive to make a difference in children's lives by specifically focusing on food gaps - the times when children aren't at school to access meal programs. Every Meal supports families with programming over the weekends, extended school breaks, and summer.

Providing kids with good food that is nutritious, delicious, and relevant is our focus, and their growth and achievement is at the heart of everything we do.

### MEAL PROGRAM

- Free for all families
- No qualifications required
- No contact information collected
- Families may participate in the program at any time throughout the school year
- Students will receive food bags each week, typically on Fridays

**Weekend Food Bag Options:** Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of non-perishable food, including a variety of fruits, vegetables, proteins, and grains. Bag types are identified by different colors of Every Meal logo.



Blue Bag

Tailored for East African dietary preferences, this bag is pork-free and may contain items such as tuna, spaghetti, black-eyed peas, corn flour, and tomato products.



Green Bag

Tailored to offer the widest variety of food items, this bag may contain items such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits.



Orange Bag

Tailored for Latino dietary preferences, this bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles.



Purple Bag

Tailored for Southeast Asian dietary preferences, this bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges.



Yellow Bag

Tailored with all ready-to-eat items which require little or no preparation, this bag may contain items such as dried fruit, chicken salad, sunflower seeds, granola, pasta cups, and soups.

**Site Coordinator:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

# SAMPLE LETTER TO FAMILIES

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)

Dear Parent/Guardian,

Healthy eating is so important for children. At [SCHOOL], we work hard to ensure students receive a healthy breakfast and lunch each day to support their developing brains and bodies. Research shows that children who eat regular, nutritious meals are more likely to attend school and be engaged in learning.

We are excited to partner with Every Meal to offer a free weekend meal program to all our students.

Every Meal is a 501(c)(3) nonprofit organization with a mission to fight child hunger through community and school partnerships. They strive to make a difference in children's lives by focusing on food gaps like weekends, school breaks, and summer when they can't receive food in school.]

- Free for all families
- No qualifications required
- Students enrolled in the program will receive a 4-5 pound bag of nutritious, nonperishable food each week
- Every Meal does not collect information from families; privacy is protected
- Families may choose to participate in the program anytime throughout the school year
- Families may choose from a variety of different weekend food bag options
- Please contact [NAME OF CONTACT] to participate or for more information

Sincerely,

SIGNATURE OF PRINCIPAL & SCHOOL CONTACT



**Every Meal**

2723 Patton Road, Roseville, MN 55113 | [www.everymeal.org](http://www.everymeal.org) | 612-568-4003

# DISTRIBUTION LIST TEMPLATE

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)

Reference the Distribution List Template as an example of a well-crafted distribution list. This template is available in an editable version in Microsoft Excel and Google Sheets.

<span style="font-size: 2em; font-weight: bold; vertical-align: middle;">EVERY MEAL</span>		TODAY'S DATE: <u>October 19, 2023</u>						
		SITE COORDINATOR: <u>Mr. Yang</u>						
Total number of students enrolled per bag type								
Blue: <u>3</u> Green: <u>2</u> Orange: <u>1</u> Purple: <u>2</u> Yellow: <u>1</u>								
Site Coordinator Responsibilities		Distribution Staff/Volunteer Responsibilities						
Teacher Name or Classroom Number	Locker Number	Student's First Name	Last initial if needed	Bag Color	Grade	Backpack Description	Bag Placed Y/N	Distribution Notes (Site Coordinator to follow up with students/families as needed)
Room 209		Mohammed		Blue	3	Grey Jansport	Y	
Room 209		Whitney		Orange	3	Tie-Dye Rainbow	Y	
Room 209		Hugo		Yellow	3	Red and Blue Superhero	Y	
Room 32	402	Xiong		Purple	1	Black Power Rangers	N	No backpack in locker/ Absent
Room 33	62	Alejandro		Purple	1	Green and Grey Camo	Y	
Miss Hanks		Kevin	H	Green	K	Bright Blue Nike	Y	
Miss Hanks		Kevin	J	Blue	K	Orange with Lightning Pattern	Y	
Miss Hanks		Nadia		Green	K	Dark Blue with Puppies	N	Bag was already in locker from last time
Miss Hanks		Vanessa		Blue	K	Pink Sparkly Princess	Y	
Inventory AFTER Distribution is completed			Blue: <u>16</u> Green: <u>1</u> Orange: <u>23</u> Purple: <u>7</u> Yellow: <u>0</u>					
Please consult your Every Meal Program Calendar for the dates you should check inventory								

# SOCIAL MEDIA TEMPLATES

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)

Every Meal has developed social media templates for use on your site's social media accounts (Facebook, Instagram, etc.) to further promote Every Meal Program(s). The social media captions are in both English and Spanish.



We are offering @EveryMealOrg food bags for students. If you're interested in having your child bring home a FREE bag of non-perishable food every Friday, please let your child's teacher know or email our (insert title or role [ie. social worker/counselor] and first & last name) at (insert site contact email).

#EveryMeal #WeekendFoodBags  
#MNHungerfighters

Estamos ofreciendo bolsas de comida de @EveryMealOrg para los estudiantes. Si está interesado en que su hijo/a traiga a casa una bolsa GRATIS de alimentos no perecederos todos los viernes, por favor informe al maestro/a de su hijo/a o envíe un correo electrónico a nuestro/a (insert title or role [ie. social worker/counselor] and first & last name) a (insert site contact email).

#EveryMeal #WeekendFoodBags

# PROMOTIONAL TOOLS

You can access this editable document on the Program Toolkit at:

[www.everymeal.org/weekend-meal-program-toolkit](http://www.everymeal.org/weekend-meal-program-toolkit)

In addition to tailoring distribution methods, Every Meal has created promotional tools specifically designed to be displayed in areas where students can access them with more privacy.



- **QR code flyer:** This flyer allows students to scan the code from their mobile device to enroll in the program.
- **Pull-tab flyer:** This flyer allows students to pull off a tab with information about the program.

# ADDITIONAL IDEAS FOR PROMOTION



## **Blurb for school website, social media, or newsletter:**

- Be sure to include the Site Coordinator's contact information, so it's easy for families to contact the school and sign up.

*"Our school is excited to partner with Every Meal to offer their free Weekend Meal Program to all students. Every Meal is a nonprofit organization which strives to make a difference in children's lives by focusing on food gaps like weekends and summer breaks. Each Friday, your child will receive a 4-5 pound bag of nutritious, nonperishable food items. We hope this is a helpful resource for your family to enjoy!  
To sign up, contact ..."*

## **Speaking to families:**

- Sometimes we hear from site partners that it's intimidating to speak with families about the Weekend Meal Program, because they do not want to embarrass the parent or guardian. Another way to think about educating families is that knowledge is power. If families know about the program, they can access it any time. If we adopt a strategy of telling everyone that free food is available, we can begin to break the stigma of food insecurity, which is not always visible.
- Events like open houses and conferences are a great way to ensure families know about the Weekend Meal Program. Here are some lines to help get the conversation started:
  - "Have you heard about Every Meal?"
  - Every Meal offers a Weekend Meal Program.
  - Each week, volunteers place bags of nonperishable food right into students' backpacks. It's completely free and anyone can sign up."

## **Other Ideas:**

- Be sure the front desk staff know the basics about the program, so they can assist anyone who sees information about the Weekend Meal Program in a newsletter or on the website.
- Another venue to educate about Every Meal's Weekend Meal Program is your school's Parent Teacher Organization/Association and/or volunteer services coordinator.
- If you have an event at your school where Every Meal could help you promote the Weekend Meal Program, please reach out to your Program Coordinator.

# DISTRIBUTION CHECKLIST

Use to ensure all steps are completed for a successful distribution.

## **Distribution Volunteers**

- Distribute food bags to participating students
- Make notes on distribution list (unable to identify a backpack, student already has food bag in locker, etc.)
- Return distribution list to Site Coordinator
- Ensure food is stored at least 4" from the wall and 6" off the floor in the Every Meal box
- Break down empty boxes and stack in a pile
- Rotate varieties when 3 students or less are enrolled for a bag color (use Variety Tracker)

## **Site Coordinator**

- Submit enrollment & inventory numbers to your Every Meal Program Coordinator monthly as indicated on your Program Calendar.
- Maintain an accurate and updated distribution list
- Review volunteer notes on distribution list and follow up with students, families, and staff as needed
- Submit inventory to your Every Meal Program Coordinator when indicated on your Program Calendar



# CONTACT US



## EVERY MEAL FIGHTING CHILD HUNGER

### Office

2723 Patton Road, Roseville, MN 55113

### Phone

612-568-4003

### Website

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

### Email

[info@everymeal.org](mailto:info@everymeal.org)

### Follow us on social media!

Stay up to date on all things Every Meal. Learn about our impact on child hunger, volunteer opportunities, partnerships, what our team is up to, and more! Follow along at:



[@everymealorg](https://www.facebook.com/everymealorg)



[Every Meal](https://www.linkedin.com/company/everymeal)



[@everymealorg](https://www.instagram.com/everymealorg)



[@everymealorg](https://www.youtube.com/everymealorg)