

# SERVE TOGETHER

## DIY PROJECT: Backpack Nutrition Program

**Non-Profit:** Hands on Hartford

**Website:** <https://handsonhartford.org/>

**Address:** 55 Bartholomew Avenue, Hartford, CT 06106

## THE MISSION

Hands on Hartford strengthens community in Hartford by responding faithfully to people in need through programs that change lives and renew human possibility. Many kids in Hartford receive free lunch throughout the week at school but struggle to find enough food to eat on the weekends. Through this program, backpacks are distributed each to children Friday at 8 local schools in the city.

## THE PROJECT

**STEP 1:** Contact Hands on Hartford and find out what the current greatest need is for donations to the Backpack Nutrition Program by calling (860) 728-3201.

**STEP 2:** As a group, read the mission of Hands on Hartford and spend time praying over the work that they do for students in the city.

**STEP 3:**

Option A: Set a date for group members to bring back filled backpacks with four meals, drinks, and snacks. Including: juice boxes, fruit cups (in water), apple sauce cups or pouches, individual snacks (pretzels, popcorn, or goldfish), granola bars (no peanuts or peanut butter, please), individual boxes of cereal, oatmeal packets, macaroni & cheese boxes or cups, cans of chicken noodle soup, individual shelf-stable milk.

Option B: Instead of having group one night, meet at a local store to shop for items together and get ice cream afterwards!

**STEP 4:** Deliver items to Hands on Hartford!



FOR THE GLORY  
OF GOD and the  
TRANSFORMATION  
OF THE CITY