



**KIDS CAN'T LEARN  
IF THEY'RE HUNGRY**



**SNACK SHAK  
TRAINING MANUAL**  
Snack Pak 4 Kids

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# Hunger Doesn't Stop At 5th Grade

Although most people recognize the need to feed hungry children, teen hunger often goes unnoticed. However, it is a serious problem that affects millions of middle and high school students across the nation. According to Urban Institute, an estimated 6.8 million 10-19 year olds in the U.S. are food insecure.

Older kids face unique challenges that make weekend hunger even more difficult.

Many teens must care for their younger siblings. Some take care of their parents due to disabilities or other health issues.

Many students must work to provide for themselves and their family.

Many secondary students live in shelters, foster homes, or have been booted out of their own homes.

Some teens lose their homes to disasters such as fires or floods.

Food stamps sometimes run out before the end of the month.

Some teens are parents themselves.

While many teens can get food from their school cafeteria during the week, over the weekend, they don't have access to the quality nutrients they need. This can have a severe effect on a teen's life, not only on a physical and emotional level but also on an intellectual level.

When students aren't able to get the nutrients they need over the weekend, they are not prepared to learn on Monday mornings. This makes it difficult, if not impossible, for them to maintain high grades, attend college, and prepare for entering the workplace.

At Snack Pak 4 Kids, we believe no child should ever go hungry – including those in middle and high school. That's why we created the Snack Shak program to provide teens with brand new, brand-name food over the weekend in a way that treats them with respect and dignity.

In this manual, you'll discover:

- How Snack Shak works
- Learn how to create your own
- Find successful models from other middle and high schools.

With these instructions, you will be able to implement a Snack Shak program in your school to help fight teen weekend hunger.

## What Is Snack Shak?

Snack Shak began through the partnership of SP4K and Tascosa High School's Friends in Service for Hunger (FISH) Club, a volunteer group that serves hunger-fighting organizations in the Amarillo area. The club was already packing food for elementary students when they realized how the hungry students at Tascosa High School could benefit from a hunger relief program. Snack Shak was born, and since its implementation, hundreds of students have received the food they need to learn on Monday mornings.

Snack Shak's function is similar to the SP4K model, with two exceptions. Firstly, Snack Shak targets middle school and high school students, many of whom have the responsibility of caring for younger siblings. Secondly, Snack Shak is designed to be run and managed by high school or middle school students.

### Fundamental Principles

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**100% of money donated goes to buying food.**

**Brand new, brand-name food is purchased.**

**Program is student-led and student run.**

**Dignity, respect, and anonymity are hallmark values.**

**There is no application process for participants.**

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## What Is Snack Shak?

With Snack Shak, hungry teens at the participating school receive a bag full of brand new, brand-name food. The bags contain adult-sized portions specifically designed to provide growing teens with the nutrients they need to succeed in and out of school.

Snack Shak focuses on treating students with dignity and respect. As a result, the process is discrete, anonymous, and safe. Teens use a simple online form to select products for meals from several categories and choose a pick-up place they feel is safe (i.e., a favorite teacher's room).

Snack Shak not only benefits the recipient but also the volunteers that make this project possible. As volunteers for this cause, students understand there are recipients in their own classroom and discover how close hunger is in their community. When students donate their time and resources to the program, they are more likely to give back in the future.

Furthermore, volunteering allows students to take a break from their delegated lives to step back and recognize real-world situations. Although the program is student-run, a designated adult sponsor oversees the process to ensure recipients remain confidential.

Throughout a hungry student's school career, Snack Shak will provide a stable source of food. With time, the goal is to empower students and allow them to take control of their lives. Students receive more than food; they receive hope to push through their struggles, and learn they are respected and valued by others. It's not just about food, but the child's future and the future of our nation.



# How To Implement Snack Shak At Your School

Snack Shak matches adult-sized portions and choices with a student-run process that gives older students the opportunity to select and prepare their own fulfilling, nutritious meals and gives their peers the chance to help.

Even though Snack Shak programs may seem like a struggle to execute, over time, solutions will present themselves, and the program will be shaped into a strong, well-oiled machine. This model is based on the original model created by Tascosa High School. It can easily be adapted to fit your unique school structure.

## THE SNACK SHAK MODEL



1. A student in need of Snack Shak fills out and submits an anonymous form online. This form allows them to identify what food they need and to select a location where they feel comfortable picking up their bag.



2. That form is sent to the adult campus coordinator, who then prints and stores it in a binder containing all open orders for the week. The order form is also accompanied by a custom sticker that identifies the requested pick-up location.



3. On packing day, which is typically once or twice a week, students line up, arm themselves with a grocery bag, and get ready to fill orders.



4. Each student takes their grocery bag to the student who is managing the binder. They are given a sticker to place on their grocery bag and a printed order form that tells them which food items should be included.



5. The student walks around the food shelves and fulfills the order by placing each listed food item into the bag.



6. Once the bag has been filled and the order completed, the student then ties the bag closed and places it in the bin that corresponds with the pick-up location identified on the order form.



7. The bags in each bin are taken to the pick-up locations on Thursday afternoon.



8. Students pick up their bags at their requested location before leaving school on Friday.



9. The student has brand new, brand-name food to eat over the weekend and returns to school on Monday morning ready to learn.

# How To Implement Snack Shak At Your School Continued

For a school with 50 Snack Shak recipients, the average time for both packing and delivering is about 30 minutes with 30 student volunteers. Participating schools have designated days and times for packing and delivering the bags – usually Tuesday and Thursday of each week.

However, sometimes, schedules change. Standardized testing, unplanned snow days, and holiday breaks can all affect the Snack Shak schedule. When things come up and students are unable to pack or deliver, the staff typically volunteers to get the bags to students on time. Having a plan in place for these special occasions is highly beneficial.

Program qualification, fundraising, and who should volunteer to pack and deliver bags varies depending on your school and community. Each Snack Shak program is unique.

There isn't a right or a wrong way to help. Some programs are completely student-run; others rely on local churches or volunteer organizations for support. All that matters is that students receive brand new, brand-name food and are treated with dignity and respect.

To help you get ideas for your Snack Shak, we have included the models of several successful, long-running Snack Shak programs in the Amarillo Independent School District (AISD).





## AISD SNACK SHAK MODELS\*

### **Amarillo High School**

Population: 2,300

Students qualify by filling out the form online, no questions asked.  
Latin Club members – pack and distribute during their homeroom period.  
A donor contributed to the start-up money.  
For fundraising, students pay for an hour lunch to raise money, and the school sold paper chain links to put up around the hall.

### **Caprock High School**

Population: 1,900

Students qualify by filling out the form online, no questions asked.  
Adapted Curriculum Classroom students run the process of packing and delivering.  
Funding is achieved through monthly staff contributions and Rotary Club support.

### **Travis Middle School**

Population: 1,030

Teachers or counselors identify kids for the program. Kids can ask to be in the program.  
Leadership students pack bags and distribute to teachers' rooms during homeroom.

*\*Statistics based on a 2018 survey*

### **Tascosa High School**

Population: 2,300

Students qualify by filling out the form online, no questions asked.  
FISH (Friends in Service for Hunger) Club members pack and distribute bags to identified staff members during homeroom period.  
Fundraisers include early-release lunch and donations.  
Bags supplied via warehouse.  
Bins are placed around the packing room according to the hallway where the bags will be delivered. Packers place the bags going to the 1000 hall in the 1000 bin, 2000 hall in the 2000 bin, etc. On delivery day, students are assigned to a hall and take the corresponding bin for fast delivery.  
Over summer, Tascosa runs a program in which staff volunteers deliver food to recipients' houses.

### **River Road High School**

Population: 458

Students qualify by filling out the form online, no questions asked.  
Snack Shak is student-led.  
Student volunteers pack bags during their homeroom period and deliver them to the corresponding staff member.  
Fundraising is done through hour lunches, hat days, and dances.

## HELPFUL TIPS

### Gaining Support

Most campuses have several student-run service clubs that can share in the duties of packing and delivering. At Tascosa, FISH Club rotates these responsibilities with Spanish Club, Cheerleaders, Student Council, and National Honor Society. This way, the entire school has a vested interest in the program. Local churches, PTA groups, and non-profit organizations are also excellent sources for volunteers.

### Fundraising

Donations and funding may be tricky obstacles to overcome, but when there's a will, there's a way. Tascosa received a donation to begin the program and continues to fundraise and encouraged donations.

There are always people willing to help, and the financial aspect of the program will solve itself. It takes only \$30 to feed a student for a month. Other Amarillo high schools have received funding from local businesses and service organizations.

### Structure, Organization, And Supplies

Every school has a unique system that works for them. Previously mentioned schools are great examples of the diversity of each.

program. Many have similar things that make the process easier like labeling the bags beforehand, a set group of volunteers to pack every week, and an efficient schedule that works for their individual school/needs.

Obtaining supplies is not a huge concern in having a successful Snack Shak program. Other than food and bags, all one really needs is people willing to help and a drive to succeed.

### Promotion

When volunteers get a taste of this positive experience, they will help spread the word. Additionally, many schools promote the program through assemblies, posters, and school websites.

Getting teachers on board is vital. They know their students best, recognize kids in need, and will assist students in accessing Snack Shak.

## EXAMPLE CALENDAR

This is an example calendar of how Tascosa High School runs Snack Shak. Thursdays and Fridays are days when recipients can pick up their bags. Tascosa delivers on Thursdays because many students are absent on Fridays due to athletics and other school activities.



Tascosa orders food two times a month and unloads the delivery truck every other Monday. Every Tuesday and Thursday, student volunteers pack and deliver the bags.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Unload delivery truck	5 Pack bags	6	7 Delivery & student pick-up	8 Student pick-up	9
10	11	12 Pack bags	13	14 Delivery & Student pick-up	15 Student pick-up	16
17	18 Unload delivery truck	19 Pack bags	20	21 Delivery & student pick-up	22 Student pick-up	23
24	25	26 Pack bags	27	28 Delivery & student pick-up	29 Student pick-up	30
31						

## SAMPLE MENU

### Proteins (students choose three)

- Pork and beans (can)
- Pinto beans (can)
- Tuna in water (can)
- Chicken (can)
- Tuna lunches (pop top)
- Peanut butter
- Chili with beans (can)
- Ravioli with meat (can)
- Grilled chicken soup (pop top)
- Chunky beef soup
- Dry pinto beans (bag)
- Spaghetti with meatballs (can)

### Vegetables (students choose two)

- Corn
- Green beans
- Spaghetti sauce and bag of spaghetti noodles (counts as two items)

### Milk (students choose one)

- Milk, chocolate
- Milk, white

### Fruits (students choose two)

- Mixed fruit cocktail (pop top)
- Pear halves (pop top)
- Mandarin oranges (pop top)
- Peaches (pop top)
- Assorted juices

### Grains (students choose two)

- Oatmeal (instant variety pack)
- Assorted cereal (2 oz. bowl)
- Rice (bag)
- Ramen noodles (beef flavor)
- Ramen noodles (chicken flavor)
- Macaroni and cheese dinner (box)
- Saltine crackers (sleeve)

### Snacks (students choose one)

- Crackers, cheese or peanut butter
- Original SP4K Beef Stik™
- Peanuts
- NutriGrain Bars

### Water (optional)

- Water bottle

## The Impact Of Snack Shak

Through Snack Shak, we are able to feed hungry teens and their families, impacting their lives in and out of school. Students have few complaints about Snack Shak, and many rely on the food as their main source of nutrition. Recipients said it alleviated stress from their family and school life.

**98%** of teachers believe Snack Shak is needed at their school.

**94%** of students share Snack Shak with their family.

**93%** of teachers believe Snack Shak is beneficial.

**64%** of teachers saw an improvement in academic performance because of Snack Shak.

## Success Stories

*“[Snack Shak] helps give us food because we live in a hotel and, after paying for the room, we don’t have much money left.”*

- Snack Shak Participant

*“It allows me to help the people I care about, and sometimes, if we run out of food for the month, we need what little we can get.”*

- Snack Shak Participant

*“It really opened my eyes to how many people in our school struggle, because I don’t see it every day. I’ve learned that I need to be willing to serve them with a happy heart and how to work well with other people.”*

- Snack Shak Volunteer

*“Every family I know that uses this program praises the relief it brings to their students and family. It helps the students focus and shows them we care: a powerful 2-in-1 punch at the core of a major problem in America.”*

- Teacher

*“I had a student at the first of the year who would come to school every Monday morning and physically looked sick. The first Monday he returned to school after receiving a bag was amazing. His attendance has improved, and he has now passed 3 of his 5 EOC tests. I wholeheartedly know that this program has made a difference in the life of this student and his grandmother.”*

- Teacher



# Help End Weekend Hunger For Teens In Your School

Hunger impacts every aspect of a student's life – especially their education. When teens don't have access to quality foods over the weekend, they are not prepared to learn on Monday mornings.

With Snack Shak, you can help provide students in your school with the nutritious, satisfying food they need to focus in classes. You can show them they are respected and valued. And you can give student volunteers the chance to make a difference in their community.

When you help provide food for hungry teens in your school, you're making an impact that goes beyond two people. You're impacting the entire next generation of leaders.

This model is designed to support individuals and organizations from anywhere in the nation. Every school is unique, and you can tailor this model to fit yours.

If you have any questions about establishing a Snack Shak in your school, reach out to our team. We're here to help! We can provide you with support and guidance as you create a weekend hunger relief program.

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