



# MIGHTY ACTIVE LIVE

Reducing levels of food insecurity in **ALL** Ross County school districts by providing children with weekend bags full of shelf stable, nutritious, and easy-to-prepare food.

# WHAT IS FOOD IN-

Food insecurity is defined as whether a person has consistent access to an adequate amount of quality food to live an active, healthy lifestyle.<sup>1</sup>

**16,820 children under the age of 18 are food insecure in Ross County**<sup>2</sup>

Research shows that living in poverty strongly predicts whether a child will be food insecure.<sup>3</sup>

**28% of Ross County children live below the poverty line**<sup>4</sup>

38.4% of Ross County Children live in households receiving SNAP/SSI/Cash Public Assistance<sup>4</sup>

### Sources

- <sup>1</sup>USDA 2016
- <sup>2</sup> Feeding America 2018
- <sup>3</sup> Children's Defense Fund 2016
- <sup>4</sup> U.S. Census Bureau 2017

### Community Partners & Sponsors



United Way of Ross County



## MIGHTY ACTIVE PACK CLUB DONATION FORM



United Way of Ross County  
UnitedWayRoss.org

A United Way of Ross County Initiative.  
United Way of Ross County is a 501(c)(3) organization.  
Your contribution is tax-deductible.



Amount of Donation Enclosed: \$ \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_ ( ) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Please make checks payable to and mail to United Way of Ross County, 69 E. Water Street, Chillicothe, OH 45601, or go to [www.unitedwayross.org](http://www.unitedwayross.org) and click donate.



# HOW YOU

A donation of **\$9** supplies food for one Mighty Active Pack.

A donation of **\$315** provides one hungry child with weekend food for an entire school year.

Individually packed food items, such as pudding cups, applesauce, and granola bars can be donated at:

69 E Water Street  
Chillicothe OH, 45601

**Volunteer** to help pack bags.  
Connect with us at:

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

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

**Phone: (740) 773-3280**



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## TOGETHER WE MAKE A DIFFER-

### WHAT IS THE MIGHTY ACTIVE PACK CLUB?

The Mighty Active Pack (M.A.P.) Club is a United Way initiative that provides nutritious, easy to prepare, and shelf-stable food to children in Ross County.

Students are referred by teachers and staff members at participating schools using a list of indicators which suggest a child may be chronically hungry.

During the school year, volunteers pack bags full of food each Thursday evening. Bags are distributed Friday afternoon to ensure students have access to food over the weekend. Double bags are provided for holidays and school breaks.

### OUR IMPACT

In the 2022-2023 school year, the **United Way of Ross County** provided almost 7,500 bags of food to local schoolchildren. Teachers reported students participating in the program showed:

- 52% increase in attendance
- 42% increase in concentration
- 39% decrease in behavior problems
- 25% improvement in grades
- 20% decrease in signs of chronic sickness

### ITEMS INCLUDED IN PACKS

- Cereal
- Canned Vegetables
- Canned Fruit
- Macaroni & Cheese
- Peanut Butter or Soy Nut Butter
- Soup
- Ravioli (or other canned pasta)
- Bread (when available)
- Fresh Produce (when available)
- Individually Packaged Snacks