

Hunt County Shared Ministries

EAT LIVE Well Well

M.A.R.K. Program (Meals for At Risk Kids)

Skipping a meal makes us feel tired, unfocused, and let's face it a little cranky. Sadly, for some children, this is their reality every day. Many people do not realize that chronic hunger among school children is a common and widespread problem. During the school year, children have access to breakfast and lunch, but what about dinner? And what about weekends, holidays, and summer break?

Meals for At Risk Kids, or M.A.R.K., is a program of Hunt County Shared Ministries (FISH) that provides nutritious food resources for children K-6th grade for weekends and summer break. M.A.R.K. provides 7 nutritious, easy to prepare meals and snacks for approximately 250 children weekly. Care is taken to choose kid-friendly food that does not require refrigeration. The program also recognizes that there may be other children in the home who will also be hungry over the weekend, so there are always some extra items included.

Research shows that children who are chronically hungry do not do as well in school as their well-fed counterparts. Young children's brains and bodies need continuous nourishment in order to develop properly. A hungry child can't focus on a math lesson. A child wondering what he will eat for breakfast on Saturday can't focus on reading. Teachers report that chronically hungry children often have issues with discipline as well. M.A.R.K., in partnership with the schools, seeks to alleviate the problem of chronic hunger in children.

Referrals for participation in the M.A.R.K. program come from teachers and school counselors. Children remain anonymous and food is distributed to the children discreetly so that they are not singled out from their peers.

M.A.R.K. currently serves children in the Greenville, Quinlan, Wolfe City, Bland and Campbell school districts and, thanks to the success, there are hopes to add additional communities in the future. Donations are always welcome for the purchase of the special, easy to prepare, kid friendly food. Volunteers are also needed to package the food and deliver it to the schools for distribution to the children.



A sample of the typical contents of a M.A.R.K. backpack. It's filled with nutritious and easy-to-prepare meals.

IF YOU WOULD LIKE TO MAKE A DONATION TO THE M.A.R.K. PROGRAM, PLEASE FILL OUT THE FORM BELOW.

Name/Contact: _____

Company: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Monthly Pledge: \$15 \$25 \$35 \$50 \$ _____

(Monthly pledges can be drafted from Bank Account or setup with a credit card, please contact Lorie at 903.455.0545)

PAYMENT INFORMATION:

Credit Card Check Cash EFT/Bank Draft

Cardholder's Name: _____

Credit Card Number: _____

Card Type: Visa Mastercard American Express Discover

Card Expiration: ____ / ____

Card Security Code: _____ (3 digit # on back of card)

I authorize Hunt County Shared Ministries/FISH to charge my credit card in the amount of \$ _____ Signed _____

Please make checks payable to: Hunt County Shared Ministries
EFT/Bank Draft application will be mailed/emailed after receipt of registration form

Please mail form and your donation to:

Hunt County Shared Ministries (FISH)



P.O. Box 124, Greenville, Texas 75403
P:903.455.0545
F:903.455.0546
www.hcsmfish.org