

Healthy Snack Bag Program

Benefitting the North Penn & Indian Valley Boys & Girls Club



Each month, Manna distributes more than 3,000 snack bags for the after-school homework clubs held at the North Penn and Indian Valley Boys and Girls Clubs. Our program supports young people in the community, providing snacks that offer the energy and nutrition necessary to power through their homework and succeed in school.

Since we distribute such a large number of snacks, we are always looking for volunteers to help prepare them! We welcome volunteers of all ages, providing service opportunities for children younger than the 10-year-old age requirement to volunteer in Manna's Kitchen or Market. Snack bags can be prepared at Manna, or from the convenience of your home, organization or business.

Get Started!

Please contact Manna's Volunteer Director, Meg Teoh, meg@mannaonmain.org to volunteer.

Manna will provide these materials:

- ✓ Bag Labels
- ✓ Clear Trash Bags
- ✓ Gloves
- ✓ Snack Bags

We ask that you kindly provide:

- ✓ The snacks, with suggested options below. Each snack bag is a combination, or trail mix, of items. We ask that dried fruit be included in each bag.

Sometimes Manna can provide snacks to help with this process, but our stock varies throughout the month so we cannot always guarantee availability.

Snack Bag Instructions:

- All volunteers must pull loose hair back, wash hands, and wear plastic or latex gloves to ensure proper cleanliness and safe food handling.
- Combine snacks in a large bowl to make trail mix.
- Fill and seal each snack bag approximately ½ full with trail mix.
- Place all prepared snack bags in a large, clear or white trash bag.
- Label the trash bag with the # of snacks and date prepared.
- Drop off snack bags at Manna during regular business hours: Monday through Friday, 9:00 am-5:30 pm and Saturdays & Sundays, 10:00am-2:00pm.

Suggested Snack Options:

Animal Crackers ○ Cereal (Chex, Cheerios, Unsweetened Cereal) ○ Cheez-It Crackers ○ Dried Fruit (Raisins, Apricots, etc) ○ Fruit Snacks ○ Goldfish Crackers ○ Graham Crackers ○ Granola ○ Mini Rice Cakes ○ Pretzels or Mini-Pretzels ○ Teddy Grahams ○ Whole Wheat Crackers

Note: No tree nuts, pine nuts, peanuts or food with nut/peanut ingredients. Please do not include candy, cookies, or chips. As part of our commitment to providing nutritious snacks, we request that each prepared snack bag includes at least one dried fruit.

Thank you very much!