at or mailed to the Muhlenberg County Cooperative Extension Service. Make checks to the Muhlenberg 4-H Backpack Program.

A BIG thank you goes out to all of our Teen Club members who fundraise and deliver the food each week and all of our generous donors like yourself!
We couldn't do it without you!

Quick Facts

- ALL funds to support the *4-H Food for Kids Backpack Program* are raised locally.

- 4-H Teen Club members take it upon themselves to deliver food every week of the school year.

- $160=1 backpack for 1 student every weekend of 1 school year.

- Funds needed to support the upcoming school year are $28,000.

- **Penguin Plunge date for 2025: Saturday, February 15 at 10 AM at the Central City Convention Center Pool.**

UK Cooperative Extension Service

FOR MORE INFORMATION CONTACT:

Mackenzie Pogue
County Extension Agent for
4-H Youth Development Education

University of Kentucky
Cooperative Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
Phone: 270-338-0710
Fax: 270-338-3138
http://muhlenberg.ca.uky.edu/

f Muhlenberg County 4-H

MUHLENBERG COUNTY 4-H FOOD FOR KIDS BACKPACK PROGRAM

FEEDING AMERICA

About the Program

Research indicates that children who are suffering from food insecurity do not perform well academically, display unacceptable behavior and have poor attendance in school due to illness or reasons unexcused. As a way to help provide food security to students in need, our 4-H Teen Club implemented the *4-H Food for Kids Backpack Program* several years ago as a service project for the community. After all, one of the key elements of 4-H is service, members "pledge their HANDS to larger service," one of the four H's of 4-H.

Today over 170 Muhlenberg County youth depend upon their weekend foods being provided by the *4-H Food for Kids Backpack Program*.

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.

Volunteers and 4-H teens coordinate the program with Family Resource Center directors and work tirelessly to raise the funds to support this program, no small feat. These same teens deliver food stocked backpacks weekly to schools throughout our community, providing students in need with food for the weekend every weekend of the school year!

Take the Plunge!

All funds to purchase food for the Backpack Program must be raised locally. The **Penguin Plunge** is the Teen Club's annual fundraiser to support the program.

An invigorating plunge into the icy waters seems to inspire teens and adults to support this effort.

The **Penguin Plunge** is held each February at the Central City Convention Center's outdoor pool. Individuals, clubs, organizations, businesses, church groups, etc. are encouraged to participate in the fundraising effort. Groups can come up with a theme, dress up and have fun with it! Anyone raising $160, enough to sponsor one child for the school year, is invited to take the "plunge" into the icy waters.

Of course, you don't have to take the plunge to participate, maybe you could challenge your group to raise so many dollars to NOT take the plunge? It's all up to you!

Doing the Math

Currently over 170 Muhlenberg County students take advantage of the *4-H Food for Kids Backpack Program.* If the numbers remain the same, it will take $28,000 to fund the program next

Penguins on Ice! From left to right: Hope Mohon, Sam Culton, Beth Mohon and Janie Culton.

school year, and that's buying the food from "Feeding America" at a greatly reduced price!

Financial contributions are welcome at any time. Donations can be dropped off