Worcester’s Weekends
A food pack program for elementary students in need
Audrey Allen (ChE), Ryanne Dailey (ChE), Ben Small (ChE) and Giselle Verbera (ECE)

Problem
Children from low-income families often do not get proper nutrition over the weekend.

Methods
• Food packs with nutritious food
• 50 low income 4th-6th graders at Elm Park
• $250 per student per year
• Distributed discreetly
• Funded by: individual sponsorships, corporate donations, grants, and local fundraising efforts
• Packs assembled by WPI student volunteers

Fruit Trees
• Produce included in food packs
• Nutrition and food situation awareness
• Education

Assessment
• Surveys for students, parents and teachers
• Academic, health and attendance data

Results
• Academic success
• Standardized test scores: 10% improvement
• Attendance rates increase
• Obesity rates decrease

Outlook
• Program expansion
• Diminished malnutrition in Worcester’s elementary schools

References


