

Project SAM

(Share-A-Meal)



Provides weekend meals to children at risk of hunger when school meals are not available. This is sometimes referred to as a “backpack program”, and there are similar programs all over the country to help address childhood hunger.

When did the program start?

The SAM program was started at River Heights Elementary School in Menomonie in 2012 with 150 children enrolled and became part of the Stepping Stones programs in 2014. At the start of the 2022-23 school year (Sept-Dec), we had over 360 children enrolled from six Dunn Co. elementary schools as well as Head Start Menomonie Center and Menomonie Middle School and distributed over 5,840 meals so far.



How does it work?

Project SAM is targeted at children eligible for free/reduced lunch but is open to all students. Parents/guardians can sign their child/children up for the program at any time at the school and then schools report the number of meals needed each week. We have a large group of Thursday volunteers who set-up and pack more than 350 meals for delivery on Friday.

What's in the bag?

Participating students receive a bag at school with enough variety of nutritious food for two breakfasts and two lunches. The bags include items such as fresh fruit, instant oatmeal, granola bars, juice packs, canned vegetables, single-serving ravioli/soup/similar items, and other snacks. When there is a three-day weekend or school vacation the bags contain extra food.



*Thank you for
supporting
Project SAM!*

