



HeartFELT

Filling Empty Little Tummys

Frequently Asked Questions

How often is a HeartFELT bag provided to participating students?

HUMC delivers a bag for each participating student every week during the school year.

Where does HUMC deliver HeartFELT bags?

HUMC partners with Huntingtown Elementary, Mount Harmony Elementary, Plum Point Middle and Northern Middle schools.

How do HeartFELT bags get delivered?

The Heartfelt bags are delivered to the four partner schools by volunteers each week. School counselors ensure that bags are picked up by participating students at each school.

How many students participate at HUMC partner schools?

HUMC supports over 50 students at our four partner schools. HUMC supports the largest number of schools and students in the Calvert County HeartFELT program.

What does a participating student receive each week?

Participating students receive a discretely packaged bag of food that contains two breakfasts, two lunches, two dinners and snacks. On long weekends, additional meals are packed as needed. Each bag contains milk and fresh fruit. A typical breakfast is either oatmeal or cereal. Lunch items often include soup, tuna, macaroni and cheese or a similar pasta item, juice box and fruit cup. Dinner items include items such as chili, ravioli, beans and rice, beefaroni, or Vienna sausages, along with a canned vegetable. Snacks can include granola bars, yogurt, cookies, chips, or graham crackers. These items vary seasonally throughout the year and choices are made based on the availability of items for purchase from End Hunger. Supplemental food purchases are made from warehouse stores.

Three times a year a \$25.00 grocery gift card is provided to help supplement food purchases over long school breaks. These gift cards are distributed before Thanksgiving, Christmas/winter break, and Easter/spring break. These gift cards will automatically be included as part of the sponsorship program.

Who packs HeartFELT bags?

Volunteers pack bags each week at HUMC. If interested in packing, please email humcheartfelt@gmail.com

Can I donate food items to HeartFELT?

As much as we appreciate the thought, with the number of students we support it is difficult to ensure uniformity of food items delivered. We have found it best if HUMC purchases food in the bulk quantities needed.