

# Kids Pack Evaluation 2007-08

Executive Summary

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## Introduction

This executive summary highlights the findings from the outcomes evaluation of Inland Empire United Way's Kids Pack program during the school year 2007-08.

## Description of Kids Pack

IEUW's Kids Pack program is a weekend nutrition program designed to provide disadvantaged children with easily prepared food so that they are able to perform better when they are in school. Weekends have been identified as a vulnerable time for these children because free meals provided by schools through the federal free and reduced meal program are not available and other organizations are less likely to be available to help these children. Thus, IEUW's Kids Pack Program addresses an often neglected need. During the 2007-08 school year, Kids Pack served 1,148 students.

Like all programs at Inland Empire United Way, Kids Pack is a collaborative program and relies on many volunteers. Kids Pack is a collaborative effort between IEUW, local school districts, and case management organizations working with disadvantaged children and families. Each week, many volunteers work at Inland Empire United Way's program headquarters to assemble packs of food for distribution.

## About the Kids Pack Evaluation

In addition to the basic activities required to operate the program, there is a significant amount of time and effort devoted to determining the effectiveness of the Kids Pack program. The Kids Pack program has one major outcome for program participants – low income children do better in school. This outcome has four school-related indicators: attentiveness, attitude, participation, and academic performance

Data to measure indicators come from surveys completed by the teachers of the children in the program. In addition to the teacher surveys, participating children and their parents were surveyed to provide additional information about the level of need for the program and how the program is perceived by the participants.

## Highlights from the Analysis

This section highlights some of the findings from the Kids Pack evaluation. For a detailed analysis of the program outcomes please see the full outcome evaluation report.

The parent survey was used to establish the level of food security among program participants' families. Some findings from the parents' survey show that in the past 12 months:

- 84% have run out of food and had no money to buy
- 81% have problems affording balanced meals
- 74% cut or skip meals

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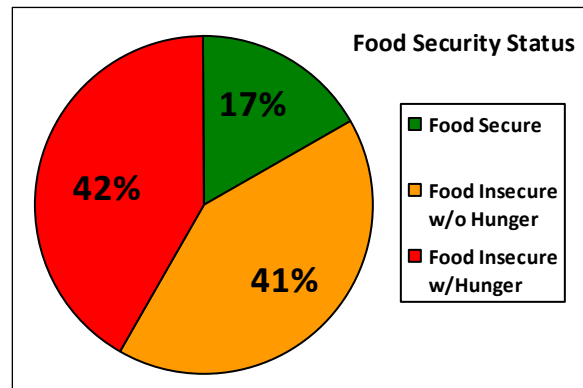
- 57% ate less than they felt they should
- 61% went hungry

The chart at right shows the level of food security among program participants' families.

42% are food insecure with hunger

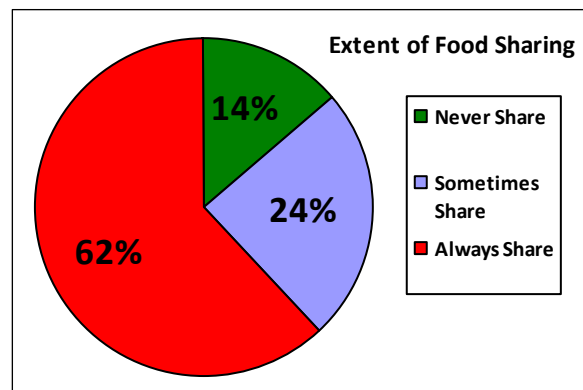
- 41% are food insecure without hunger
- 83% are food insecure

The student survey was used to measure the participants' perception of Kids Pack, how well they liked the food provided through Kids Pack, and additional information about their food situation. The findings from the participants' survey showed that the program is well received and that there is a need for Kids Pack.



Some highlights from the participants' survey include:

- 99% of the participants have a positive impression of Kids Pack
- 99% have a favorable opinion of the food provided by Kids Pack
- 83% of participants share their food with their family
- A majority of the participants liked each of the food items provided by Kids Pack
- 35% of the participants eat all of their Kids Pack food as soon as they get it



The teachers completed pre-program and post-program surveys regarding their students who participated in Kids Packs. These surveys were used to provide the primary data for the outcomes analysis. Some of the highlights from the analysis of the teachers' surveys include:

- 45% of the participants are more attentive in class
- 40% show improved attitudes toward school
- 44% participate to a greater degree
- 41% improved their academic performance
- 57% percent of the participants showed overall improvement
- Food security level is associated with school performance

In summary, the program evaluation demonstrates that:

- Kids Pack participants are in great need of the programs' services
- Kids Pack participants look forward to receiving their weekly Kids Pack
- Kids Pack program participants are showing improvement in school