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Be a Piece of the Puzzle: *It IS All About the Kids: 2011 Vernonia Summer Meals Program*



FACT: from a national study, the #1 preventative measure we can give our kids to reduce self harm is breakfast.

"I was flabbergasted when I sat in a suicide prevention training back in October and they told me the number one thing you can do to help a child from contemplating suicide is breakfast," exclaimed Jack Lindsley. Jack is a long time executive member of the Vernonia Prevention Coalition. "If we can get our kids fed during the summer, that is what we want to help do!" As of October 2010, it was reported that Columbia County had a higher rate of suicide than the rest of the state.

The Pioneer Baptist Fellowship, in partnership, applied and obtained a \$4,400 grant from the Hunger Relief Coalition for startup cost for this summer pilot project. It was specifically applied

for to purchase equipment, supplies and stipends for the meals coordinator and transporter. All the meals will be prepared by the St. Helen's summer meals program and transported every day to our site at the Vernonia high school cafeteria.

This wouldn't be possible if we didn't have dedicated volunteers to help plan, schedule and coordinate this effort. The team has worked since January to identify a potential host, meal sites and logistics. While the school did not have the capacity this year to obtain a USDA Summer Meals grant, they have approved the use of the facility to be used as a site for serving. "This has always been a thought in my mind," says Dr. Cox, superintendent, "and I know this will make a difference for kids." "A summer meals program fills a gap and a need in our communities," said St. Helens School District nutrition director Misty Crawford. "To be able to partner with Vernonia is an incredible

opportunity for us." All meals provided for youth between the ages of 1-18 years are provided free through the USDA summer meals program. In Vernonia, both breakfast and lunch will be served from June 20 - Aug. 19th.

And it doesn't stop there. Between breakfast and lunch, a calendar of events is currently being planned. To date, some of the projects are music exploration, gardening, physical activities, talent discovery, library program and more. "The more opportunities we give our kids to explore their strengths, the higher the protective factors they develop to be more successful in their growing up years," states DeAnna Pearl, VPC Director. "It is all about reducing the risks they face every day, and increase their potential by participating in healthy activities."

Families are welcome to come and participate in all activities. However, children under the age of 10 need to

have an older sibling, parent or guardian to supervise. The summer meals program will have volunteers available to help with meals and activities but the program is not set up to provide day care. Kids are free to come and go but the meal times are set in stone. "We can only provide the meals during posted times per the USDA food program requirements," comments Cathy Meyer, Summer Meals Coordinator. She continues, "If we can figure out how to feed the parents, we will, but right now only kids between 1-18 years old will be able to eat."

If you are hosting a camp, activity, project or are just a parent, please feel free to contact us. Volunteers are always welcome. We also need groups to host an activity during the summer. Volunteering is not necessary to feed yours or other children. Contact DeAnna Pearl at (503) 369-7370 or Cathy Meyers at (503) 522-5311 or (503) 429 8033. See you this summer!

2011 Drug and Alcohol Free Grad Night

For the past twenty-eight years the parents of graduating Vernonia High School seniors have planned and provided a Drug and Alcohol Free All-Night Party. Again, this year's party is being organized by Heidi Brown, volunteers and the parents of 2011 graduates. The Vernonia Prevention Coalition has been a skeleton of support for the last two years while the Lion's Club is providing the night's main meal.

The goal is to provide a fun and safe environment for the senior class by offering an evening of activities, good food, and prizes following graduation ceremonies on Saturday June 4th. The hope is to encourage graduating seniors to spend one last memorable evening together and keep them safe at the same time.

Brown has been working with interested parents who desire to help plan this special evening for local graduates. In addition she is looking for support

through funding and prizes that are given away during the evening. [There are currently 53 students heading towards graduation.] "I'm encouraging parents, businesses and individuals to help make this a really fun evening for our kids," says Brown. "We are looking for items that will help send our kids off into the world, whether they are headed to college, to live on their own or start a job or a career--things kids will need as they head off on their own."

Suggestions for prizes include things like gasoline gift cards; a laundry gift basket with soap, towels, and rolls of quarters; a gift basket of healthy snacks; cleaning supplies; a tool box; a coffee maker; kitchen and cooking supplies; good

blankets; stamps, a vacuum cleaner. Last year, the gifts were coveted prizes to attending graduates. Quote, "I loved getting my laundry basket, it had everything I needed to get my clothes clean but quarters."

For more information contact Heidi Brown at 503-429-2787. Donations can be sent to Heidi Brown, c/o Vernonia High School, 299 Bridge Street, Vernonia 97064. Make checks payable to: "Vernonia Prevention Coalition with memo: Grad Night Party"

Free Breakfast and Lunch for youth!

Any questions please contact
Cathy Meyer (503) 522 -5311 or (503) 429 8033

Everyone Wins With The Summer Meals Program!

Children continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast.

Parents stretch food dollars and know that their children are receiving healthy meals in a supportive environment.

Employees have summer employment.

Communities provide safe places for children to go to be with other children and with supportive adults.

Summer Meals Program

June 20th through August 19th

While learning does not end when school lets out, neither does the need for good nutrition. Sponsored by the USDA, the Summer Food Service Program (SFSP) is good, nutritious food that's "in" when school is "out."

Who Is Eligible?
All youth 18 years of age or younger who come to an approved open site or to an eligible enrolled site may receive meals.

People over age 18 who are enrolled in school programs for persons with disabilities may also receive meals.

Vernonia Middle School Cafeteria

Breakfast	Scheduled Activity	Lunch
8:30	9- 11	11:30

Partners:

- Vernonia District 47J
- Pioneer Baptist Fellowship
- Vernonia Hands - on- Art
- Vernonia Community Theatre
- Vernonia Prevention Coalition
- Master Gardeners
- Foster Grandparent Program
- St. Helen School District
- Hunger Relief Coalition
- Community Volunteers
- Community Action Team

Up Coming Events sponsored by VPC

May 31	5th Tuesday Evening Coalition Meeting "The Down Low on Bullying" 6:30—8:00 pm
June 3	Vernonia Contra Dancing Vernonia Grange 7:30 Lesson 8:00 Dance
June 4	Drug and Alcohol Free Grad Night Scout Cabin and Bullwinkle's 7:30 Drop off of Grads
June 20	Summer Meals Program—through Aug. 19th Vernonia High School Cafeteria Breakfast 8:30 Lunch 11:30
July 4	Great American Bash Concert and Fireworks Vernonia Athletic Field Gates open at 5:00 pm
August 24	Vernonia Night Out Anderson Park Fun Begins at 4:30
August 30	5th Tuesday Evening Coalition Meeting Parent Academy on Drug Trends & Prevention 6:30—8:00 pm

Free

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Breakfast 8:30

Scheduled Activity 9- 11

Lunch 11:30

If You Want to Help Feed Kids This Summer, Sign Up Here

Any questions please contact
Cathy Meyer (503) 522-5311 or (503) 429 8033

Breakfast

Set up

Clean up

Food Prep

Lunch

Set Up

Clean Up

Food Prep

Activities Mentor

Set Up

Clean Up

Activity Prep

Summer Meal Buddy

Breakfast

Lunch

Activity

YES! I want to help

One or Two Days a week

3 to 4 days a week

During Specific day: _____

Once a Month

Name _____

Address _____

Email address _____

Phone _____

Cut out & drop off at City Hall OR sent to: 1001 Bridge Street, Vernonia Or 97064