

*It takes a lot to feed a houseful
of growing boys and young men.*

*When you donate a meal or groceries, you
aren't just feeding a group of young scholars;
you are sustaining them and offering them
an example of what it means to serve others.*

Family dinner is an important component of life for the scholars at Boys Hope Girls Hope of Kansas City. Each evening, scholars gather for prayer and dinner at 6:00 p.m. at the BHGH of KC residence.

*You can support our dedicated
scholars and residential team
by providing a meal.*

This is a wonderful way to help our scholars feel embraced by their community and for you to make a huge difference in the lives of boys in need. Our goal is to have a meal provided Monday–Thursday evenings, or opportunities for scholars to practice etiquette and have new experiences by eating at local restaurants.



Visit bhghkc.org & click Sign Up!

Read about the variety of ways you can participate in Feeding HOPE programs.



OUR MISSION

Boys Hope Girls Hope of Kansas City helps academically capable and motivated boys in need to meet their full potential and become men for others by providing a value centered, family-like home, opportunities and education through college.

There is a home right here in Kansas City where boys in need with high potential live full time from middle school through college. BHGH of KC provides a stable home, nurturing care and academic scholarship to put them on course for life and on course for college. They study, learn, work, serve, eat, struggle, laugh, pray and achieve together to reach their full potential and CHANGE THE WORLD.

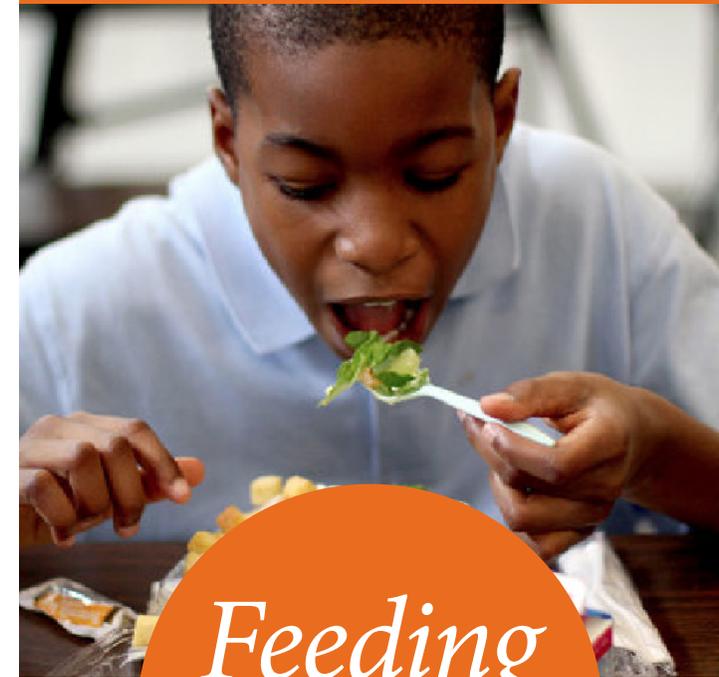
BHGH of KC is a nonprofit organization and all contributions are tax deductible.



Administrative Office:
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913.381.1030 | www.bhghkc.org

Boys Hope Girls Hope of Kansas City is one of 18 affiliates internationally and serves only boys at this time.

ON COURSE FOR LIFE



*Feeding
HOPE*

*Nurture bright scholars
to live, learn
and become world-changers
through healthy meals*



Dinner Parents

Bring a meal to the residence on a monthly basis.

BHGH of KC has family dinner Monday–Thursday evenings at 6:00 p.m. and your meal will serve up to 15 people in the household. This is a great option for individuals and groups of all sizes!



Prepare and Share a Meal

Bring a meal or cook in our kitchen and stay to enjoy it with our scholars and residential team.

Prepare and share just one time, or on a monthly basis. Bring your family or group and/or engage the scholars in preparing the meal!

Nutrition Guidelines

Good, nutritious foods feed strong, growing bodies and high-functioning minds. Research shows the importance of good eating habits on academic and athletic performance as well as personal development.

Healthy meals play a critical role in our scholars reaching their full potential. They are learning how to enjoy healthier versions of their family favorites that still taste great! We also want scholars equipped to make the best food choices both now, in college, and for life!

Grocery Partners

Make a monthly contribution of food or household items that are regular needs for a home filled with growing boys.

As an individual, family, group or a grocery store in the Kansas City metro, you have the chance to directly impact young boys' lives in the community. Items to donate include:

- Fresh fruits
- Fresh vegetables
- Frozen vegetables
- Eggs
- Milk / Almond Milk
- 100% Fruit Juice
- Bottled water
- Yogurt cups
- Butter
- Cheeses
- Granola or protein bars
- Snack crackers
- Healthy chips
- Paper plates & cups
- Toilet Paper
- Paper Towels
- Facial Tissues
- Laundry & dish soap
- Dishwasher soap
- Garbage bags

The designated drop off time for grocery donations is on Sunday evenings between 5:30 and 7:00 p.m.

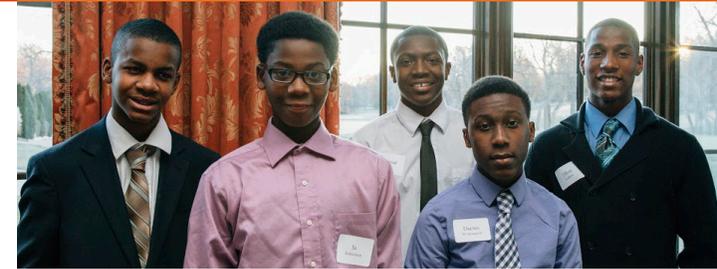
Feeding HOPE

You learn a lot about someone when you share a meal together.

When preparing a meal to share, or when purchasing groceries, please reference these guidelines:

- One meat/protein source
- Two vegetables (can be within a salad)
- One side dish
- Whole grain breads
- Limit processed foods / containing artificial dyes
- Small dessert portions or fruit for dessert
- Kid-friendly

Restaurants for HOPE



Become a “Restaurant for HOPE”; providing a meal or meals to serve 10-15 people.

The following options are available for participation and restaurant partners will receive special recognition via website and newsletter.

ONE-TIME RESIDENTIAL MEAL CATERER: Your restaurant will cater a meal for the BHGH of KC residence, which can be scheduled for pick up by a team member or delivered to the household.

MONTHLY RESIDENTIAL MEAL PARTNER: Your restaurant will cater a meal for the BHGH of KC residence on a monthly basis. The meals can be scheduled for pick up by a team member or delivered to the household.

ONE-TIME RESTAURANT MEAL HOST: Your restaurant will host scholars and chaperones for dinner (group size will be provided when meal is scheduled). This meal will allow the scholars an opportunity to dine out and practice etiquette; BHGH of KC will pay the server's gratuity.

MONTHLY RESTAURANT MEAL PARTNER: Your restaurant will host scholars and chaperones for dinner monthly (group size will be provided when meal is scheduled). These meals will allow the scholars opportunities to practice their etiquette and to recognize and thank donors or volunteers who may join the group for dinner. BHGH of KC will pay the server's gratuity.

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