East Hickman Family Resource (EFRC)

May 20, 2026

Backpack and school supplies

- 71 Students received backpacks/school supplies
- 19 of those 71 received clothes/shoes of some sort
- 3 of those 71 received all their back-to-school needs (Shoes, clothes, backpacks, school supplies, hygiene products, anything they needed)
- Roughly 100 drawstring backpacks with supplies went to Shady Grove Community Center

Sidewalk Chalk Event

- On Monday August 4th, I hosted the Second Annual Sidewalk Chalk event. This event is where volunteers come together and draw pictures on the walkways leading into East Elementary and East Intermediate school. This is something so simple, but the students love it.
- If you want to volunteer for next year, please let me know.
- Please keep in mind, several Elementary students can not read so pictures are better at the Elementary School and we do both pictures and words at East Intermediate.

Classroom Sponsors

- 19 teachers/classrooms at EHES
- 17 teachers/classrooms at EHIS
- I hosted a sponsor meet and greet so that sponsors could come in and meet the teachers and students for the first time and introduce themselves. This took place at both school.
  - 17 sponsors at EHES attended
  - 15 sponsors at EHIS attended
- If you want to sponsor a class or know anyone/business interested, please pass along my information to them

Free Haircuts

- 18 free haircuts went to students this school year
  - Several students received more than one this school year.
    - 18 students at $20 = **$360**
- This will be something I continue next school year, if you know a stylist willing to donate a free haircut, please pass along my contact information to them.
    - I do have money already set aside for back to school haircuts for the 2026-2027 school year.
- I am working on a certificate for next year where I will send a certificate home with students when I can not contact the parents.

Volunteer Readers

- Local volunteers came in at least once a month to read to classrooms at EHES
- The volunteers read a book, and they might bring snacks, a goodie bag, or a coloring sheet that goes along with the book. Something so small makes a huge difference to the kids.
- This year I had school staff members, student's parents, high school kids, business owners, class sponsors, the Sheriff's Department, and community leaders.
- If you want to volunteer for next year, please let me know. I am already working on next years calendar

Snack Attack

- Snacks were a huge deal this year
- The teachers were truly thankful for the snacks this year.
- Average cost for 1 student to be provided snacks for 160 days of school is $60 for that 1 student
  - If a teacher has 5 students who need a snack, that's $300 that teacher has to spend to provide a snack, some days it might be more than 5 kids so that number might go up.
- 61 students at $60 for the year = **$3,660**
  - roughly 11,000 snacks went into the schools this year through EFRC
    - I do give snacks to other schools also.
    - Roughly **$335.00** when to other schools
- By August 1, I plan to have enough snacks on hand that I can give all EHES teachers back-to-school snacks to start the year with. If you would like to donate snacks, just please be mindful of the expiration date.

Friday Friends

- 90 students received F.F. weekly
- 6 of those 90 received 2 bags a week
- All students received 2 bags the week before school breaks, normally on Wednesday and Friday (Fall Break, Thanksgiving, Christmas, Spring Break)
  - On average a bag cost $11.50
    - 3 breakfast options, 3 to 4 food options, 4 to 5 snacks, at least 1 juice, 1 white and 1 chocolate milk
    - Sometimes I put in candy or special treats for them (Halloween, Christmas, Valentines, Easter)
- 96 bags at $11.50 =$1,104 a week
  - Bags went home 37 times this school year
  - $1,104 per week at 37 weeks is **$40,848**
    - Poptart, Oatmeal, Cereal Bowl= $1.90 (Breakfast)
    - Ramen Noodles, Chef Boyardee, Soup, Mac & Cheese Bowl =$3.85 (lunch/dinner)
    - Cheez-its, Fruit Snacks, Popcorn, Crackers, Chips =$2.79 (Snacks)
    - Juice, White Milk, Chocolate Milk =$3.05 (drinks)
      - All of that on average is $11.50
- F.F. will continue Firday Friends throughout the summer also. (summer camp, I meet people or deliver to families who need it)

Hygiene Bags

- Hygiene bags go along with Friday Friends bag. At least twice a year I try to send a hygiene bag home with Friday Friend students. I normally do this in October and then again later in the year around February.
  - These bags are different for each school
    - EHES receives a toothbrush with toothpaste. EHES students receive it more often (4 times) because of sickness and all the germs that they love to share
    - EHIS students receive a toothbrushes with toothpaste and floss for 3rd and 4th grade, 5th grade students receives a toothbrush with toothpaste, floss plus deoderant.
    - EHMS and EHHS receives a toothbrush, toothpaste, deoderant, bodywash, bar soap, bath sponge (loofah), mini shampoo, lotion, just whatever I have available on hand is what I make work.
      - Average cost for EHES per hygiene bag is $2.00
      - Average cost for EHIS per hygiene bag is $4.50
      - Average cost for EHMS and EHHS per hygiene bag is $11.00
        - Roughly **$720.00**

Food Pantry

- 57 Students received food from the food pantry at some point this school year
  - 57 students with an average family size of 4 people= 228 people
    - 228 people x $13.00=**$2,964**
- Some of those students received it multiple times
- I think higher pantry numbers were due to snap benefit issues, the ice storm, rising grocery prices, and rising gas prices will probably effect it soon.

Truck or Treat

- EFRC participates in the trunk or treat at EHES every year
  - roughly 700 kids came through this past Halloween

Holiday Dinner Boxes

- Thanksgiving Dinners (donated by-Second Harvest, Local Churches, Businesses, and Individuals)
  - *45 families* received Thanksgiving Dinner boxes (Some families needed 2 boxes for larger families so *51 total boxes* went out)
    - 161 people were affected by these meals (rough estimate)
  - Estimated $50 per box
    - 51 boxes at $50= **$2,550**
  - The number of Thanksgiving boxes went down this year because I lost some support from United Way and I received a smaller number of donated boxes from Second Harvest (75 boxes were given out last year)

- Christmas Dinners
  - 35 families received Christmas Dinner boxes (some families needed 2 boxes so 40 total boxes went out)
    - 117 people were affected by these meals (rough estimate)
    - Estimated $50 per box
      - 40 boxes at $50=$2,000

Blessing Box in front of EHES

  - I have my blessing box out in front of EHES. I check it regularly and stock it with whatever I have extra.

Publix Partnership

  - I partnered with someone from the Publix Distribution Center to deliver bread and bakery items to families in need.
  - I received 8 loads so far.
  - I am working on trying to continue this throughout the summer but the person I work with is retiring and it is a hassle for me to drive to Nashville to pick it up weekly.

Coat Drive (Clearview Church)

- Roughly 60 families came through that day
- Roughly 150 items went out that day (coats, hoodies, sweaters, sweatshirts, gloves, and hats)
- We also handed out socks and shoes (I do not have that number)
- We are planning it again in November so if you have used but nice items, please consider donating them to me

Operation Santa

- 128 families
- 289 children
- 17 children went to Shop with a Cop

School Closet

- Every East school has a school closet with clothes, hygiene products, shoes, school supplies, and snacks for students who need them. I work with the schools to help keep these closets supplied.
- They normally call me when they have a need for items

Be A Better Buddy Program

- I work with students at EHES who are at risk of disciplinary referrals to the Principle due to behavior issues.
- I also work with students who just need some positivity or compassion in their life
- This is a check in and check out system.
  - I served 4 students on the behavior side this year. All 4 made great improvements and by the end of February all disciplinary referrals had stopped for these students. They finished the year strong and with better behavior. I will check in with them next year and continue to help them if needed.
- I also have lunch on Fridays with students who have good behavior.

YEARLY FOOD DRIVE AT EHES

This year was my 3rd year hosting the EFRC Food Drive at EHES. I host this food drive yearly during the month of March. During this time students bring in food to donate to my program. This is a competition between classrooms. The top 3 classrooms get a reward from me. This year first place received a pizza party while watching a movie in my room. The second place class recieved extra recess with freeze pops. The third place class received extra recess. I take the class during that time so the teachers get an extra break that day as well. It is a win win for everyone involved. My program gets food donated for snacks, Friday Friends, and the food pantry. The students get bragging rights and an extra reward. Plus the teachers get an extra little break. I plan to continue this again next year.

ONE GEN AWAY

I partner with this non-profit organization to help bring food into Hickman Co.

- We hosted 10 giveaways in 2025, serving between 200-300 families each time
- We have hosted 4 giveaways so far in 2026, we have 5 more left for 2026
  - The 5 giveaways we have left will be at EHHS on the second Saturday of June, August, September, November, and December.

I also partnered with One Gen and held a special food handout on Nov. 24th 2025 at EHHS from 5 p.m. to 7 p.m. We handed out 200 pantry boxes with bread and bakery items to families in need. (This was during the time that SNAP benefits were cut)

- I also held another special food handout on February 3rd at EHES from 3:30-5:30 where we served 35 families with multiple boxes of food and bakery items. We also delivered a truck of food to Hidden Valley Lakes for families there that could not get out. (This was during the ice storm)

Hidden Valley Project (my project)

I spent a good bit of time in the Hidden Valley area during the summer of 2025. I decided I wanted to help the children there and the families. I know some people choose to live that life, but the children are raised there. Some of the kindest people that live there were born and raised there and can not afford to leave. I know a lot of people judge others without getting to know them, I am very grateful I did not do that to the people in Hidden Valley. They are so appreciative and kind to me and my team of volunteers.

- On September 24th from 1 p.m. to 5 p.m. my volunteers and I spent the afternoon at the Hidden Valley Office
- One Gen met me there with a truck load of food, bakery items, and drinks
  - 164 boxes of shelf stable food
  - 164 cases of Snapple drinks
  - 164 boxes of bread/bakery items
- We handed out
  - 30 Backpacks with supplies
  - Over 100 pairs of shoes
  - Roughly 120 toothbrush/toothpaste sets
  - Diapers and wipes
  - Laundry Soap
  - Blankets and pillows
  - Toys
  - Hygiene products
    - 80 bottles of shampoo
    - 80 bottles of conditioner
    - 80 deodorants (40 men's, 40 women's)
    - 60 bottles of lotion
    - 50 bottles of body wash
    - 50 bars of soap
    - 50 bottles of body spray, perfume, or cologne
  - Tons of clothes
    - 25 boxes full of clothes in all sizes

Upcoming Plans for EFRC Summer of 2026

ONE GEN AWAY FOOD DISTRIBUTIONS AT EHHS

- June 13
- August 8
- September 12
- November 14
- December 12

Volunteers are always needed. I can give out community service hours for school, TN Promise, or court ordered community service hours. I have a form or they are welcome to bring their own form. Volunteers arrive at 7:30 and we are done about 10:30.

I will meet with One Gen in October 2026 to set our schedule for 2027. My goal is to have the food handouts at least 6 times in 2027.

SUMMER FEEDING WITH TN KIDS NUTRITION

- I will be on the road every Tuesday starting May 26th and ending July 28th handing out food boxes to children in Hickman Co. (I have attached a flyer)
- Signs went up in the community on 5/11/26 at all the stops so the community can be aware it is coming.
    - Last summer we handed out 8,732 boxes of food in 10 weeks
        - 8,732 x 7 breakfast= 61,124 breakfast meals
        - 8 732 x 7 lunches=61,124 lunch meals
    - 122,248 meals were handed out total to kids in Hickman Co.

Touch A Truck at EHHS on Saturday July 11 4 p.m.-7 p.m.

- I will be handing out backpacks with school supplies at this event
- I will also be handing out toothbrushes and toothpaste kits for kids
- I am currently working on hygiene products to have on hand for those who might be in need of them. I do not have it worked out yet but I am hoping to get it done.

Shady Grove Project (my next project)

Just like the Hidden Valley Project, but I changed locations. I want to help different areas in Hickman County each year. I plan to help the Shady Grove Community with back to school needs for the 2026-2027 school year. I have recently delivered 8 boxes of school supplies and 3 boxes of clothes to Shady Grove Community Center. The community center is where the items will be stored until it is time for the handout. The plan is to host a community day in mid July where families will come to the Shady Grove Community Center and pick out what they need. If you have any used items in good condition, please consider donating them to me for this project.

Christmas in July

I am currently working on a Christmas in July Toy Drive. I do not have all the details worked out just yet but I am currently working on it. I am planning on this being a community event. Page Properties, First Farmers Bank, and Apex bank have all agreed to be a drop location where people can donate toys for the toy drive. I will make flyers to hang throughout the community and I will also use social media to help spread the word. This is a first time event and I might not have many toys donated but I wanted to try something new to help restock the Operation Santa toy closet.

- I am planning to work this into the Touch A Truck event

Breakfast with Santa

- In the past I gave out stuffed animals to children who attended Breakfast with Santa here at EHES. This coming up year, I would like to give each child a coloring book with a pack of crayons.
- Any other ideas on items to give out that would be affordable
  - I need about 150

These are the prices I use to figure the cost of a F.F. bag.

Friday Friends Food Bag Items (These are the most used items but not all of the items I use)

Breakfast Items

Cereal Bars (Lucky Charms, Cinnimon Toast Crunch Fruit Loops)	$0.45 per bar
Pop-tarts	$0.45 per pack
Cereal Cups	$1.00 per cup
Nature Valley (crunch bar, oatmeal squares)	$0.70 per bar
Little Bite Muffins	$0.80 per pack
Instant Oatmeal	$0.45 per 2 packs

Lunch/Dinner

Ramen Noodles	$0.30 per pack
Chief Boyardee	$1.25 per can
Hormel Compleat Dinner	$2.50 per dinner
Vienna Sausage	$0.90 per can
Mac and Cheese bowls	$1.00 per bowl
Rice A Roni Cups	$1.50 per bowl
Mashed Potato Cups	$1.00 per bowl

Extra

Granola Bars/Fruit Grain Bars	$0.20 per bag
Fruit Snacks	$0.55 per 2 packs
Beef Jerky	$0.75 per 2 mini sticks
Microwave Popcorn	$0.50 per pack
Individual Chips/Cheez-it (small bags)	$0.60 per bag
Rice Crispy treats	$0.32 per treat
Individual Small bags of Cookies	$0.52 per bag
Peanut Butter/Cheese Crackers	$0.55 per pack
Juice Box/Capri Sun	$0.35 per juice
Shelf Stable Milk/chocolate milk	$1.35 per milk

Hygiene Bags (twice a year for most students)

Prices I use to figure the prices of hygiene bags.

Toothbrush	**$1.00**
Toothpaste	**$1.00**
Floss	**$1.00**
Mini Deoderant	**$1.50**
Mini Shampoo	**$2.00**
Mini Bodywash	**$2.00**
Bar Soap	**$1.50**
Bath Sponge/loofah	**$1.00**