

# Power Snack!™

## FACT SHEET for School Coordinators



School-based food assistance programs for children from low-income families greatly aid the learning process. But those same children still suffer from food insecurity issues on weekends and holiday breaks.

The Deb and Jeff Hansen Foundation's Power Snack Program provides the food ingredients for kids to make their own "Power Snacks"—nutritious ham sandwiches made out of deli ham and whole wheat bread. Ham is an excellent source of thiamin, niacin, riboflavin, vitamin B-6, phosphorus and protein and a good source of zinc and potassium—all essential for growth, development and cognitive learning.

The program provides coupons to each child's family for four pounds of free deli ham (valued at \$5 per pound) and four loaves of whole wheat bread (\$3 per loaf) together making 48 filling, high-protein "Power Snacks" each year.

The Power Snack coupons are available to school nurses/BackPack Program coordinators, or to any teacher or administrator who provides support to children and families in need. Iowa Select Farms and the Deb and Jeff Hansen Foundation will supply four coupon packs (one pack = one ham and one bread coupon) for each child designated as food insecure. If there are multiple children per family, please include both children in your count.

The coupons can be redeemed at most grocery and convenience stores on any loaf of whole wheat or whole grain bread and shaved deli ham from the meat case, or branded, pre-packed deli ham from brands including (but not limited to) Hillshire Farm®, Oscar Meyer®, Land O'Frost® and Carl Buddig®.

The \$5 ham and the \$3 bread coupons are not tied to any other offers and there are no requirements to purchase additional items. Please pay special attention to the expiration date. Coupons are best redeemed at Hy-Vee or Fareway stores. *However they are designed to work at any food retailer. If in doubt, refer the cashier to the back of the coupon.*



## Why Ham?

**Most importantly— kids love it!** It's easy to prepare, full of flavor and is a lean protein that promotes growth and development. The National Pork Board says cuts of pork such as pork loin, tenderloin and ham are an excellent source of thiamin, niacin, riboflavin, vitamin B-6, phosphorus and protein and a good source of zinc and potassium.

Children need up to six ounces of lean protein daily depending on age and gender, according to the USDA's MyPlate guidelines. Ham is included in the MyPlate recommendations as a nutrient-dense lean protein that promotes growth and development.

We also recommend you encourage students to make their ham sandwiches even more nutritious by making them with whole wheat bread. Refined grains, like the flour used to make white bread, may be missing important vitamins, minerals, healthy fats, protein and fiber that were removed during processing. Whole wheat bread contains all parts of the grain kernel.

As farmers and pork producers, Jeff and Deb Hansen—owners of Iowa Select Farms—are proud to fund and coordinate the Power Snack program!



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### FOR MORE INFORMATION, CONTACT:

**Allyson Ladd**

*Communications Specialist*

Deb and Jeff Hansen Foundation/  
Iowa Select Farms

5034 Grand Ridge Drive

West Des Moines, Iowa 50265

[aladd@iowaselect.com](mailto:aladd@iowaselect.com)

**Office:** 641-316-3251 **Cell:** 515-230-2790



### WHO WE ARE

The Deb and Jeff Hansen Foundation was established in 2006 by the owners of Iowa Select Farms and is dedicated to making a positive impact on the lives of fellow Iowans. Iowa Select Farms is the largest pork producer in Iowa and the eighth largest in the U.S. Founded by and privately owned by Iowa Falls, Iowa, natives Jeff and Deb Hansen; the company has 215,000 sows and annually produces over one billion pounds of pork. With 800 swine farms across the state, Iowa Select Farms is one of the leading economic engines to Iowa's rural communities through employing more than 1,200 people, contracting with more than 650 farmers and supporting hundreds of local businesses throughout the state.

### WHAT WE DO

The Deb and Jeff Hansen Foundation operates unique programs and projects that provide hunger relief to struggling Iowa families, shows gratitude to members of the Armed Services and strengthens efforts to find a cure for childhood cancers while improving the quality of life for impacted families.

### WHERE WE OPERATE

While the Deb and Jeff Hansen Foundation focuses on the communities where our farms are located and our employees and contractors live, most programs touch families throughout the entire state of Iowa.



### HOW WE ARE FUNDED

The Deb and Jeff Hansen Foundation is a 501c3 organization funded by donations from Jeff and Deb Hansen, the employees, contractors and owner-operator truck drivers for Iowa Select Farms, and our incredibly generous friends and sponsors.

