

Texas Educators Link Weekend Nutrition to Monday Classrooms in Snack Pak 4 Kids® Survey

Nearly 1,500 respondents report changes in mood, learning, behavior, and attendance as students return to school

AMARILLO, TX, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- As Texas students return to school, [Snack Pak 4 Kids®](#) today released results from 2025-26 surveys of 1,088 Amarillo educators and 400 educators in 25 rural districts. Respondents reported that weekend nutrition support reaches into Monday classrooms through students' mood, learning, behavior, and attendance.



The Snack Pak volunteers are the heart of the program.

Weekend hunger does not stay at home when a child walks into school Monday morning. It can show up as exhaustion, difficulty concentrating, changes in mood, or withdrawal from classmates. When students return to school fed and cared for, they have a better opportunity to learn, connect, and succeed.

Among rural educators responding to each measure, 77% reported improved mood and temperament, 71% improved academics, 66% improved behavior, and 60% decreased absenteeism. Amarillo educators reported gains in mood (72%), belonging (71%), confidence and concentration (68%), and academics (65%). Percentages are based on educators who responded to each measure. The findings reflect educators' observations of participating students.

One rural Texas educator described a student whose anxiety and behavior changed as weekends approached. After the student began receiving [weekend food support](#), the educator reported fewer emotional outbursts, stronger self-regulation, and an easing of a significant source of stress.

An Amarillo high school educator described a student who struggled to stay awake, then showed

improved health, energy, and mood after joining Snack Shak. A middle-school educator reported improved Friday attendance after weekend food support began.

"At its heart, Snack Pak is about dignity and respect," said Dyron Howell, executive director of Snack Pak 4 Kids®. "Food is the tool. The goal is to make sure hunger does not stand between a child and who they can become."

"Recent data clearly reveals the gap that our friends, donors, and volunteers at SP4K fill for students, and at times, entire families," said Kevin Phillips, chief of staff for Amarillo ISD.

"Amarillo is blessed to have a dependable and sustained partner in SP4K to address food insecurity in our city."

Snack Pak 4 Kids® has 40 locations across the Texas Panhandle and South Plains, while its buying cooperative reaches more than 100 communities across the state - from San Antonio and Austin to Abilene, Mansfield and Lubbock. The cooperative supplies brand-new, brand-name food and helped participating programs save 25% last year compared with purchasing independently at other available prices. Donors and sponsors have made a multimillion-dollar investment in students and schools. In Amarillo ISD alone, the organization invested \$1.3 million last school year and served more than 6,000 students.

Additional survey details, local-market information, and interviews are available through the media contact listed above.

About Snack Pak 4 Kids®

Snack Pak 4 Kids® provides weekend food with dignity and respect so hunger does not prevent children from learning and reaching their potential. It serves the Texas Panhandle and South Plains and supports local programs statewide through its buying cooperative. Learn more at <https://sp4k.org>.

CONTACT FORM

Name: Dyron Howell

Organization: Snack Pak 4 Kids

Phone: 214-704-2900

Email: dyron@sp4k.org

Website: <https://sp4k.org>

Dyron Howell

Snack Pak 4 Kids

+1 214-704-2900

[email us here](#)

Visit us on social media:

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/933885076>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.