



“Bags of Hope”

CPFI Chapter at The University of Texas at Austin College of Pharmacy



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Background

Our chapter partnered with Micah 6 of Austin, a food pantry attached to a local church that is open every Thursday evening and Saturday morning, to distribute bags directly to those in need. Rooted in James 2:15-16, this initiative reflects CPFI's commitment to move beyond words and into action, meeting both the physical and spiritual needs of our community.

Objective/Purpose

The goal of this project was to distribute at least 100 non-perishable food bags to individuals experiencing homelessness, providing both immediate nourishment and spiritual encouragement. Each bag was carefully packed with prayer and thoughtfully designed for accessibility. The contents included ready-to-eat items, a handwritten note, and a miniature Bible containing the Gospel of John.

Methods

To choose items for the bag, we focused on high-calorie, nutrient-dense foods that do not require tools or a kitchen to prepare. We prioritized “soft” foods, as many individuals experiencing homelessness may have dental sensitivities or limited access to dental care. Items that could be used as weapons or cause harm were intentionally excluded. Basic hygiene products were included to promote autonomy and dignity, and new socks were selected due to their high need and low donation frequency. The supplies were purchased through Amazon and members were assigned specific roles to ensure efficiency and consistency throughout the project.

Results

All 100 care packages were distributed at the Micah 6 food pantry. Additional items, including socks, combs, and toothbrushes, were also provided. At the event, team members also assisted with clothing distribution, where approximately 70 pounds of clothing are given weekly. The food pantry serves an estimated 200 individuals each week, further extending the impact of this outreach. Many recipients expressed gratitude and engaged in conversation with team members, allowing for meaningful personal interaction beyond material support. This distribution also provided insight into the diverse needs of the population served.

Conclusion

This project highlighted opportunities for improvement, including the need for Spanish-language materials, as many individuals primarily spoke Spanish. Future efforts may also include gender-specific items (e.g., underwear, bras, men's clothing) and age-appropriate bags for children. Other CPFI chapters can replicate this initiative by partnering with local food pantries or ministries and tailoring care packages to community-specific needs. This project demonstrated a practical and meaningful way to serve underserved populations and foster ongoing community engagement. Overall, we were blessed to have been able to use our hands to touch so many lives, and we hope to continue to provide aid and partner with this organization as we move forward as a chapter.



Handwritten note of encouragement + Bible verse
Gospel of John
Hygiene Products
Non-perishable food items