



**Food 4 Thought** was launched in January, 2014 to aid HSD students and families in need. The District houses three closets at each of the High Schools (Central, East & West), with the possibility of a 4<sup>th</sup> closet, however, assistance is available to ALL 33 schools in the District. Students and families in need are identified by District staff (i.e., social worker, teacher, cafeteria staff, etc.), and items are distributed by the social workers.

Food 4 Thought is operated by 100% donations, and has no paid employees or expenses, so 100% of what you donate is able to go directly to stock the closets. All items must be microwaveable, easy to open and carry (i.e., no glass or cans).

Statistics show that food insecurity contributes to a students' poor academic performance. The USDA defines food insecure as "household or individual condition of limited or uncertain access to adequate food".

### How can YOU help?

**DONATE** – Non-perishable food items are accepted throughout the school year. Please arrange donation pick up by contacting Margaret Slaughter (see contact info below).

**See the 'Suggested Donation List' →**

**HOST A FOOD DRIVE** – The best way to keep the closets filled with non-perishable food items is with the help of Food Drives hosted by you, your Unit, Community Members, Churches, etc.

**See the 'Suggested Donation List' →**

**MONETARY DONATIONS** – Monetary donations may be made payable to 'HSD PTA Council', and mailed to the address below, (Attn: Food 4 Thought)

Questions, contact Margaret Slaughter at (314) 368-8195 or [mslaught313@yahoo.com](mailto:mslaught313@yahoo.com)

# Suggested Donation List

**All items must be Microwavable & individually packed  
No frozen or refrigerated items \* No cans or glass please!**

## FOOD ITEMS

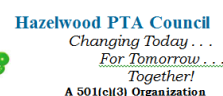
Box of instant oatmeal (individual packets)  
Full or mini sized boxes of cereal  
Breakfast bars  
Microwavable Stew, Ravioli, Pasta bowl, Soup  
*(no cans, please)*  
Libby's microwavable vegetables  
*(green beans, sweet corn, sweet peas & diced carrots)*  
Microwavable macaroni & cheese bowls  
Peanut Butter *(plastic jar OR 'To Go' serving size)*  
Jelly or Jam (plastic jar)  
Pop Tarts  
Ramen Noodle bowls / packets  
Boxed Macaroni & Cheese / Spaghetti  
Hormel Compleats Meals *(Breakfast and dinner)*  
Pasta sides  
Tuna or Chicken pouches  
Bumblebee on-the-go Chicken or Tuna  
Crackers (in individual sleeves)  
Pasta sauce (plastic jar)

## SNACK ITEMS

Granola Bars / Luna bars  
Pretzels, Goldfish or Cheezits *(individual bags)*  
Rice Krispy Treats  
Cheese or Peanut Butter Crackers  
Fruit Snacks  
Muffins / Sun Chips  
Applesauce, Peaches, Pears, Mixed Fruit  
*(individual fruit cups- no cans)*

## MISCELLANEOUS

New or gently used back packs, Plastic bags, recyclable bags, Paper Plates, Bowls, Forks, Spoons, Napkins, Bottled water, Hand sanitizer, Wipes  
\$10.00 Gift Cards (Shop N' Save, Schnucks, Wal-Mart)



HSD Family Outreach Center, 13780 Old Halls Ferry Road, 63033