



## **Helping Students meet their Full Potential, One Meal at a Time.**

**About Us:** The mission of Food for Thought is to provide hope and dignity to children by discreetly supplying additional food to students in need. There are scientific studies that show children who eat regularly have higher academic achievement. This aids in the scholastic development of our students, as well as aiding our teachers in accomplishing their goals. We seek to provide help to students in need by coming together as a community.

### **Why We Feel This Is Needed In at McHenry High School:**

31% (East) & 34%(West) qualify for Free/Reduced Lunch

- 1 in 3 students qualify
- Average class = 30 students = 10 students
- Qualify for Free Lunch – 85% (1 in 3.6 students)
- At or below the line of poverty
- Family of 4 (2 adults/2 Children) = \$24,036

Food insecurity refers to USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.

16% of Children in McHenry County qualify.

We want to see our students succeed in their academics, but if students are constantly hungry or worried about when their next meal may be they cannot put their energy into their school work.

### **Food for Thought Food Pantry=Healthy students and better learners!**

- 73 - 76% more alert
- 53 - 57% increased attendance
- 48 - 54% fewer discipline issues
- Attend 1.5 more days of school
- Achieve 17.5% higher on standardized math assessments
- 20% More likely to graduate

## **Ways for You or Organization to Get Involved**

### 1. Donate Money to Food for Thought

Donating money to our organization allows us to buy the needed food items for students in need. Please see the pledge sheet below for additional information about donating money to our organization. Your pledge sheet should be returned to MCHS West Campus-Main Office (attn. Food for Thought)

### 2. Donate Food to Food for Thought

The goal is that bags of food will be provided to qualifying students anonymously on Fridays. Each bag will contain food to help sustain a student through the weekend.

#### Needed Items:

- Canned Tuna, Salmon, or Chicken
- Canned Vegetables
- Canned Fruits
- Grains (Brown & White Rice, Pasta, Macaroni & Cheese)
- Hot and Cold Cereals (Oatmeal, Cheerios, Cornflakes, Raisin Bran, etc.)
- Canned or Dry Beans
- Healthy Snacks (Fruit Cups, Raisins, Granola Bars, etc.)
- Peanut Butter
- Canned Soup

### 3. Donate Time to Food for Thought

You or your organization can donate your time to support our food pantry through fundraisers, food drives, etc. Your fundraising idea may provide Food for Thought with a monetary or food donation.

#### Fundraiser Ideas:

- Volunteer at Sporting or Co-Curricular Events to Raise Money or Collect Food
  - Set up an information stand that provides information on Food for Thought that can also accept donations of food or money
- Organize a Spirit Week Event
  - Have a special events or dress up days that people can participate by either donating money or food
- Volunteer in our Food Pantry
  - Pack bags
  - Organize food
  - Complete inventory
- AIM or Class Incentives
- Brown Bag Donation Drive
  - One weekend go around your neighborhood and drop of brown bags at households with the items needed and a date that you will be back to collect. The following week/date that you set go around and collect the brown bags

- Provide Marketing Tools
  - Visible placement of Food for Thought material
  - Promotion on Social Media
- Organize a Food Drive
  - Have your entryway or foyer have a permanent or temporary donation box (donation box & signage can be provided)
  - Have employees/clients/volunteers/members bring in items during a specific time period
  - Sell prepackaged bags of goods that people can purchase for the Food Pantry (Signage can be provided)
  - Have a Food for Thought inspired party
- Participate in our Community Extravaganza (January 27, 2017-West Campus)
  - Sell tickets
  - Collect food donations
  - Organize a dodgeball team
  - Work as supervision/crowd control
  - Be a lifeguard for our pool event
  - Create and distribute marketing material
  - Be a vendor for the evening
- Assist our Faculty/Staff Variety Show
  - Sell tickets
  - Help out backstage
  - Work as crowd control
  - Collect food donations
  - Create and distribute marketing material
- Participate in our Faculty/Staff Variety Show (January 10, 2017-West Campus)
  - If you are a faculty or staff member of MCHS, consider putting together an act for our show (skit, musical or dance number, etc.)
- Organize a Fundraiser Connected to our Food for Thought Charity Month (January 2017)
  - During our Charity Month, organize a fundraiser of your choosing (Penny Wars, Food Drive, Brown Bag Fundraiser, Spirit Event, etc.) to help raise funds and/or to collect food for our food pantry.

## Food For Thought-Pledge Commitment

Goal: To raise enough money annually through local donations to provide students in need with food for each weekend.

Cost of a student bag per week = \$7

Cost of a student bag per ½ semester = \$70

Cost of a student bag per semester = \$140

Name of Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Street Address: \_\_\_\_\_

Town/City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

### How do you want to donate to Food for Thought?

\_\_\_\_\_ Sponsor Student(s)/Donate Money

Amount Donated: \_\_\_\_\_

Cash

Check

Credit

Check Number: \_\_\_\_\_

Checks Payable to MCHS

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Sec. Code: \_\_\_\_\_

\*All financial contributions should be given to Emma Theel at MCHS West Campus.

\_\_\_\_\_ Donate Food Item(s)

Please drop off all donated food items at the McHenry High School West Campus Main Office.

\_\_\_\_\_ Donate Time to Fundraise

Please explain how your organization will donate their time to gather food or monetary donations.

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