

Dear Parent(s) or Guardian(s):

McHenry High School District 156 understands that sometimes, times are difficult and the ability to provide food for our children can be difficult. District 156 has put into place a new program, Food for Thought, to offer a supply of nutritious meals and snacks for children over their weekends and extended breaks, free of charge. Students that are offered the opportunity to participate are those students that qualify for free breakfast and lunch. Bags are distributed by staff on the last school day before the weekend or break. Because your child qualifies for this program, we are reaching out to you; if you believe your child could benefit from this program, we encourage you to sign him/her up by filling out the attached form and returning it to the front office of your child's school. Only one form is needed for all the children in your family, but include information for each child in the form below. This information is kept confidential between Food for Thought and McHenry High School District 156. **If you choose to opt-out of the program, please fill out the opt-out form.**

Once your child is signed up, he/she will receive bags of food each week until he/she leaves the school or until you no longer wish to participate. We encourage you to take advantage of this program for your family and your children. Questions or concerns? Please contact Ashley Diedrich at diedrichashley@dist156.org or Aubrey Francis at francisaubrey@dist156.org

NOTE: Please remember that your child is also eligible for the free breakfast program and we encourage him or her to start the day off with a free breakfast.

Thank you,

Food for Thought-MCHS

Mission Statement: 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.

Food for Thought Consent Form
OPT - IN

Please sign my my **McHenry High School** child(ren) up for the Food for Thought program. I understand my child(ren) will soon start receiving a bag of food at the end of each week for his/her use over the weekend or school holiday. Again, only sign up students that attend McHenry High School.

PLEASE PRINT CLEARLY.

Today's Date _____

Do you have a microwave:

Yes _____ No _____

Child's Name and Grade

Special dietary needs, if any (e.g., diabetic, food allergy, kosher)

Child's Name and Grade

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Child's Name and Grade

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Child's Name and Grade

Special dietary needs, if any (e.g., diabetic, food allergy, kosher)

Child's Name and Grade

Special dietary needs, if any (e.g., diabetic, food allergy, kosher)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Telephone Number (if any): _____

Parent/Guardian Email Address (if any): _____

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**Food for Thought Consent Form
OPT-OUT**

Please remove my child(ren) from the Food for Thought program. I understand my child(ren) will no longer receive a supply of food at the end of each week for his/her use over the weekend or school holiday. PLEASE PRINT CLEARLY.

Today's Date _____

Child's Name and Grade

Child's Name and Grade

Child's Name and Grade

Child's Name and Grade

Child's Name and Grade

Parent/ Guardian Name: _____

Parent/ Guardian Signature: _____

If you would like to participate in the future, please contact your school's front office.
Thank you for considering the Food for Thought!

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