

Dear Students of McHenry High School District 156:

In an effort to help our students reach their full learning potential, McHenry High School District 156 realized that we had to come face to face with the struggles our students encounter each day before they even step inside our schools. One of the most prevalent issues some experience is the lack of enough quality food in their diets to help sustain their ability to learn. In 2014, according to Feeding America.org, “Although related, food insecurity and poverty are not the same, poverty in the United States is only one of many factors associated with food insecurity. In fact, higher unemployment, lower household assets, and certain demographic characteristics also lead to a lack of access to adequate, nutritious food.”

In McHenry High School District 156, 1 in 3.6 students qualify for a free lunch which requires the family to at or below the poverty line (a family of four: approximately \$24,000 yearly income). McHenry High School School District 156 is instituting a program (Food for Thought) to help with those students that are in need. We believe that by offering a food pantry at the school, we will help our students make the most of their education. The Food for Thought provides a weekend supply of nutritious food for children, commonly for low-income families, to replace the school meals that children miss during their weekend or extended breaks from school. Each weekend we hope to provide a food bag that contains enough food for two breakfasts, two lunches, two snacks. All food is nonperishable.

How can students help?

1. Organize and pack bags in the food pantry
2. Organize food drives
3. Donate to food drives
4. Promote events
5. Participate in events
6. Spread awareness

We invite your feedback and collaboration with this program to make it a success. It is our hope this program will improve the health, behavior, and achievement of District 156 students. Thank you in advance for your help! For more information or questions, please contact Ms. Diedrich at diedrichashley@dist156.org or Mrs. Francis at francisaubrey@dist156.org. To get involved, please refer to the pledge packet located on our website: <http://mchsactivities.wixsite.com/foodforthoughtmchs>

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.