



HAZELWOOD SCHOOL DISTRICT Food 4 Thought Program

Support the four food closets located at each of the high schools, (Central, East & West) and The Opportunity Center. These food closets benefit all HSD students who are in need.

DONATION LIST

All Microwavable / individually packed items. No cans or glass please!

Food Items

- Box of instant oatmeal (packets)
- Full or mini-sized boxes of cereal
- Breakfast bars
- Microwaveable stew, ravioli, pasta bows, soup (no cans, please)
- Libby's microwaveable vegetables (green beans, sweet corn, sweet peas & diced carrots)
- Microwaveable and boxed macaroni & cheese
- Peanut butter (plastic jar or "to go" serving size)
- Jelly or Jam (plastic jar)
- Pop Tarts
- Ramen Noodle bowls / packets
- Hormel Completes Meals (breakfast & dinner)
- Pasta Sides
- Tuna or Chicken pouches
- Bumblebee on-the-go Chicken or Tuna
- Crackers (in individual sleeves)
- Pasta Sauce (plastic jars)

Snack Items

- Granola Bar / Luna Bar
- Pretzels, Goldfish or Cheezits (individual bags)
- Rice Krispy Treats
- Cheese or Peanut Butter Crackers
- Fruit Snacks
- Muffins / Sun Chips
- Fruit Cups
- Beef Jerky

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 (grocery store or Walmart)

Food 4 Thought was launched in January, 2014 to aid Hazelwood School District students and families in need. HSD houses four closets at each of the High Schools (Central, East and West), and one at The Opportunity Center however, assistance is available to ALL 33 schools in the District. Students and families in need are identified by District staff (i.e., teachers, cafeteria staff, etc.) and items are distributed by the social workers.

Food 4 Thought is operated by 100 percent donations and has no paid employees or expenses, so 100 percent of donations are able to go directly to stock the closets. All items must be microwaveable, easy to open and carry.

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

How can you help?

Donate- Food items on donation list are accepted throughout the school year. Please arrange donation pick up by contacting Dr. Audrey Wittenauer at awitt@hazelwoodschoo.org or 314.953.5163

Host a Food Drive- The best way to keep the closets filled is with the help of food drives hosted by the community, PTA units, churches, etc.

Monetary Donations- Monetary donations may be made payable to **HSD PTA Council** and mailed to The HSD Opportunity Center, 1865 Dunn Road, St. Louis, MO 63138

Have questions? Contact Dr. Audrey Wittenauer at awitt@hazelwoodschoo.org or 314.953.5163

On behalf of the nearly 18,000 Hazelwood School District students...

Thank you!!

