



Food 4 Thought was launched in January, 2014 to aid HSD students and families in need. The District houses four closets at each of the High Schools (Central, East & West), and one at the Opportunity Center (East Middle) 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.

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 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

Suggested Donation List

All items 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 (Schnucks, Wal-Mart)

