

Dear Keller Parent/Guardian,

Keller Elementary will be continuing our second year with this program to support our hungry students with access to nutritious meals at home. The Backpack for Hunger Food Program discreetly provides Keller students with food to take home over the weekends and out-of-school times. Backpacks are stocked with nutritious, child-friendly, easy-to-prepare food and are inconspicuously distributed to students on the last day before the weekend. The food items in the backpacks help sustain a Keller student until he or she returns to school for a meal.

Backpack food programs have been shown to increase attendance, decrease behavior problems, improve concentration abilities of students and improve student academic achievement. In short, when bellies are full minds are more receptive to learning and every Keller student benefits from a stronger learning environment.

We are collecting food and have sorted the wish list by grade level to ensure a diverse amount of foods in the pantry. Please bring in one or two items from your “grade” list to the Keller Kick off BBQ on Thursday September 23<sup>rd</sup>.

This is an anonymous program. If you are a family, or would like to nominate a family who could benefit from the Backpack for Hunger program, please contact the Keller Counselor, Mrs. Concha Lapuente, M.Ed. at [clapuente@lwsd.org](mailto:clapuente@lwsd.org), or 425-936-2580, for an application.

Many of us have had to adjust our lifestyles due to the economic downturn; none of us should have to go hungry. Thank you for your generous support of our Keller students.

**Kindergarten:** Tuna, Applesauce Cups, Fish or Ritz Crackers, Raisins

**First Grade:** Canned Chicken, Macaroni and Cheese, Fish or Ritz Crackers, Microwave Popcorn

**Second Grade:** Instant Oatmeal, Saltine Crackers, Soups and Chili’s

**Third Grade:** Spaghettios, Peanut Butter, Jams or Jellies, Pudding Cups

**Fourth Grade:** Ravioli, low sugar cereals like Cheerios, 100% Fruit Juices, Protein Bars, Soy Milk

**Fifth Grade:** Soups and Stews, Fruit cups, low sugar cereals like Cheerios

**Sixth Grade:** Easy Mac, Graham Crackers, Fruit Snacks, Granola Bars

If you are interested in collecting and distributing food please contact Cris Pederson at 425-821-6505 or [crispederson@comcast.net](mailto:crispederson@comcast.net)