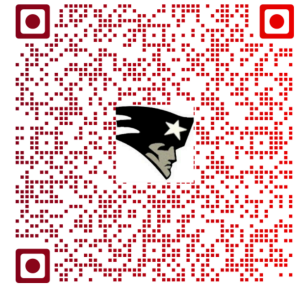


Title 1 News
EVERY MEAL - Weekend Meal Bags
(Translation is available upon request)
Please Scan the QR code to register



Families,

Healthy eating is so important for children. At Central, we work hard to ensure students receive a healthy breakfast and lunch each day to support their developing brains and bodies. Research shows that children who eat regular, nutritious meals are more likely to attend school and be engaged in learning.

We are excited to partner with Every Meal to offer a free weekend food program to all our students. Beginning Friday September 29th. ALL families will have the opportunity to receive weekend meal bags.

Every Meal is a 501(c)(3) nonprofit organization with a mission to fight child hunger through community and school partnerships. They strive to make a difference in children's lives by focusing on food gaps like weekends, school breaks, and summer when they can't receive food in school.

- Free for all families
- No qualifications required for enrollment
- Students enrolled in the program will receive a 4-5 pound bag of nutritious, nonperishable food each week
- Every Meal does not collect information from families; privacy is protected
- Families may enroll in the program anytime throughout the school year
- Families may choose from a variety of different weekend meal bag options (See below)
- Please complete the enrollment form or contact Scott Howell to enroll your child.
- Please Scan the QR code to register

Blue Bag - Tailored for East African dietary preferences. This bag is pork free and may contain items such as tuna, spaghetti, black eyed peas, corn flour, fava beans, and tomato products.

Green Bag - This bag offers the widest variety of food items, such as chicken, tuna, pasta, rice, mac and cheese, chili/ soup, and varied vegetables and fruits.

Orange Bag - Tailored for Latino dietary preferences. This bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles.

Purple Bag - Tailored for Southeast Asian dietary preferences. This bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges.

Yellow Bag - Contains all ready-to-eat items which require little or no preparation, such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and soups.

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Blue Bag



Purple Bag



Orange Bag



Yellow Bag



Green Bag