



Forest Grove School District Weekend Food Program

The Need

School-age youth are in the midst of critical periods of growth and development in which proper nutrition plays a major role. Studies indicate that even mild under-nutrition may lead to reductions in physical growth and impaired brain function. Youth who experience hunger have higher levels of chronic illness, anxiety, depression and behavioral issues, all of which significantly impact their academic success.

Qualifying students have access to the FGSD free meal plan. This resource, however, is limited to the school week. The FGSD Weekend Food Program seeks to extend the free meal plan benefits into the weekend by providing supplementary food items for students to take to their home.

The Program in a Backpack

Filled backpacks are discreetly distributed to students participating in the program on the last day before the weekend begins. Students return backpacks the following week to be reused.

Each backpack contains:

Food items

- o 2 breakfast options
- o 2 lunch options
- o 2 snack options
- o 1 fruit option (usually a can)
- o 1 vegetable option (usually a can)

FGSD Weekend Food Program Consent Form

PLEASE PRINT CLEARLY

Today's Date _____

Student's Name, Grade, Teacher _____

Special dietary needs if any (e.g., diabetic, food allergy, kosher) _____

PARENT/GUARDIAN NAME _____

PARENT CONTACT INFORMATION (Phone/email): _____

CONTACT: David Pero (Forest Grove High School), 503-359-2432 ext 3531