



FOOD FOR THOUGHT

The ZMS PTO community service program, in conjunction with the Food Pantry, are providing simple and nutritious food each week through a backpack program for families that need some assistance.

All food items will be collected in student's PRT or SOAR classroom. Please send foods that will be easy for kids to prepare themselves. Monetary donations are also welcome and will be used to purchase items needed to fill any gaps we may have in donated food items. Checks should be made payable to "ZMS PTO" with "Food for Thought" in the memo line. Monetary donations should be turned in to the main office.

Suggested donations are:

Oatmeal packets
Cereal
Granola bars
Breakfast bars
Packaged fruit cups
Individual microwave meals – mac and cheese, pastas, other non-perishable meals
Individual canned veggies
Peanut butter
Cheese and/or peanut butter crackers
Jelly
Fruit snacks
Individual drinks – capri suns, waters, juices not requiring water
Any other individual snack items

Parent volunteer are needed to help collect and sort the foods. If you are interested, fill out a [Volunteer Form](#) and mark Food for Thought. Someone will be in contact with you!

SAVE THE DATE!

November 13 – 17, 2017