



Pantry Packs provides weekend packs of food for students in Lake Washington School District. It is available to any student or family facing financial hardship who need help providing food for their family. Over 600 students in LWSD receive a Pantry Pack each week.

### How the Program Works

Students are given their Pantry Pack each Friday. Each Pantry Pack has enough food to feed one child for a weekend. Exactly what is packed will vary based on donations, but a typical Pantry Pack will contain the following (with examples):

- 1 main dish item with protein (canned ravioli, chili, chicken noodle soup)
- 1 pasta meal (box mac & cheese or packaged pasta)
- 1 package of ramen or can of soup
- 1 sleeve of crackers or 2 packages of single serve crackers (cheez its, goldfish)
- 2-3 packets of instant oatmeal
- 2-3 granola bars
- 2 snacks (fruit snacks, fruit leather, popcorn)
- 1 extra item (rice crispy treat, snack pack pudding, trail mix)

### How to Get Involved

If you would like your child to receive a weekly Pantry Pack, please fill out the following information and return to Andrea Jones (School Counselor) at Alcott. All requests are kept confidential.

#### YES, please include my child(ren) in this program:

Student Name(s): \_\_\_\_\_ Teacher: \_\_\_\_\_  
\_\_\_\_\_ Teacher: \_\_\_\_\_  
\_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email or Phone: \_\_\_\_\_

If you have any questions, please reach out to Andrea Jones at (425) 936-2490 or [andrjones@lwsd.org](mailto:andrjones@lwsd.org).