

Dear Parent/Guardian,

Healthy eating is so important for children. At Oltman Middle School, 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 meal program to any student who could benefit!

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
- 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 choose to participate in the program anytime throughout the school year
- Families may choose from a variety of different weekend food bag options
- Please contact your student's counselor for more information

If you'd like to participate, please [complete this form](#).

Sincerely,

Student Support Services

6th Grade Counselor: Kate Hill [khillo@sowashco.org](mailto:khillo@sowashco.org)

7th Grade Counselor: Jamie Kirchner [jkirchne@sowashco.org](mailto:jkirchne@sowashco.org)

8th Grade Counselor: Liz LePera [elepera@sowashco.org](mailto:elepera@sowashco.org)