

Let's LIFT Lawrence



LAWRENCE
Public Schools

**FOOD DRIVE
NOW - NOV. 19
BRING ITEMS TO SCHOOL**



Over 1,100 students throughout Lawrence Public Schools are directly impacted by the recent loss of federal food assistance. This November, our schools are mobilizing to help fill the gap for children and families in need. JOIN US!

- Drop-off needed items at any USD 497 school site, or the district's Educational Support Center (110 McDonald Drive).

You can also:

- Donate money to Just Food (www.justfoodks.org) working to keep community shelves stocked (scan the QR code for links).
- Contact Lawrence Schools Foundation to learn how you can adopt a school and keep our pantries full: <https://lawrenceschoolsfoundation.org/donation-form/>
- Visit www.usd497.org/lift for additional information and listing of community resources.

**Together, we can lift up our students, our schools, and
our entire Lawrence community.**



NEEDED ITEMS

TOGETHER, LET'S LIFT LAWRENCE

Grains

- Cereal
- Oats
- Pasta (any shape)
- Rice (instant or quick-cook individual bags)
- Crackers
- Tortilla Shells (Corn or Flour)
- Ramen Noodles

Proteins

- Canned Beans (kidney beans, black beans, chickpeas)
- Dried Beans & Lentils
- Canned/Packaged Meat (Tuna, Chicken)

Fruits/Veggies

- Canned Tomatoes (diced, Rotel-style, or paste)
- Canned Fruit/Vegetables
- Applesauce
- Dried Fruit (Raisins, Craisins)

Other Staples

- Shelf-Stable or Dry Milk
- Granola Bars
- Pasta Sauce
- Veggie/Chicken Bouillon
- Canned Soups
- Seasonings (garlic/onion powder, cumin, chili powder, salt/pepper)
- Peanut Butter
- Boxed Mac n Cheese/Velveeta
- Mayonnaise/Miracle Whip
- Meal Kits
- Grocery Bags/Sacks



***For quick, family-friendly recipe ideas from
the USD 497 Nutrition & Wellness Team:***

www.usd497.org/lift