

Food for Thought



A healthy and nutritious meal program for all PHILLIPS students

The "Food for Thought" program provides a nutritious breakfast to all PHILLIPS students daily as well as free and reduced price lunches to children and youth whose families live at or below the poverty line.

The main premise of Food for Thought is that good nutrition leads to better learning and higher academic achievement. This vital program gives students the opportunity to eat the most important meal of the day at school, which positively impacts behavior and increases the health and wellness of all students.

During the 2017-2018 school year, 56% of PHILLIPS students live at or below the poverty line. The Food for Thought program helps alleviate economic hardships of students' families and helps meet their unique, special needs.

PHILLIPS receives funds from the Federal School Lunch reimbursement program; however, it does not cover the entire cost of the program. To sustain and enhance the Food for Thought program, we must raise \$80,000 annually.

You can help make a difference!

\$1080 feeds a PHILLIPS student breakfast and lunch for the entire year

\$120 feeds a PHILLIPS student breakfast and lunch for one month

\$30 feeds a PHILLIPS student breakfast and lunch for one week

\$6 feeds a PHILLIPS student breakfast and lunch for one day



To make a gift to support Food for Thought, contact Debi Alexander at 703.941.8810 or Debi.Alexander@phillipsprograms.org

PHILLIPS Program for Children and Families is a private, non-profit organization serving the needs of over 500 children and youth annually living with behavioral health needs through education, comprehensive support services and advocacy. Food for Thought is a vital part of its programs as it optimizes the learning environment for PHILLIPS students, which ultimately impacts school performance and healthy outcomes.



PHILLIPS
Programs for Children and Families

www.phillipsprograms.org

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