



PHILLIPS  
*Programs for Children and Families*



## **“FOOD FOR THOUGHT”**

*A healthy and nutritious lunch program for all of our students*

- The “FOOD FOR THOUGHT” lunch program provides nutritious lunches to all PHILLIPS students daily, alleviating economic hardships of their families and meeting their unique special needs.
- The program’s major premise is that good nutrition leads to better learning and high academic achievement, and ultimately to more opportunity for success in life.
- During the 2008-2009 school year, 78% of PHILLIPS students that applied for a free or reduced lunch live at or below the poverty line.
- PHILLIPS receives funds from the Federal School Lunch reimbursement program but this does not cover the entire program costs.
- PHILLIPS staff created an exercise video that is now shown at the beginning of the day in the classroom.
- By teaching our students all the components of a healthy lifestyle, including nutrition and exercise, we are working towards long-term healthful solutions.

The program hopes to serve as a catalyst for change among our students by educating them about the risks of an unhealthy diet and providing them with the knowledge that will empower them to make changes within their own lives. We are building the foundation for a productive and successful future for our students by nourishing their body and mind.

***You can make a difference!***

**\$1000** provides lunch for the entire school year for one student.

**\$100** buys lunch for one month for one student.

**\$20** buys lunch for one week for one student.

**\$4** buys one lunch.

For more information please contact Sarah Caldwell at (703) 941-8810 or [sarah.caldwell@phillipsprograms.org](mailto:sarah.caldwell@phillipsprograms.org).

[www.phillipsprograms.org](http://www.phillipsprograms.org)