

Our Community

Feeding The Children

Carson City typically has over 500 homeless children enrolled in its schools at any given time. Not all homelessness is reported.

Many of our homeless children have very little or no food to eat on the weekends. They often go to bed hungry!

Research has shown that children who lack proper nourishment have lower test scores and more behavioral problems in school.

Food For Thought, Inc.™ discreetly provides a bag of food for Carson City's hungry, homeless children, every Friday, allowing them to eat on the weekends.

Almost 20% of all children living in Carson City under the age of 5 live in poverty.

Lisa Keating, Ph.D.



Food for Thought, Inc.™

Stop the Hunger

How You Can Help

In addition to monetary donations for the program, we collect a variety of food items. Desired food donations consist of:

- Microwavable soups
- Easy Mac
- Individual serving juice boxes
- Non-refrigerated pudding
- Single serving bags of trail mix
- Single serving bags of beef jerky
- Crackers with peanut butter or cheese
- Canned or freeze dried meats
- Sets of cheese & beef sticks
- Power Bars
- Protein fortified instant oatmeal
- Granola bars
- Vegetables in plastic containers
- Fruit cups in plastic containers
- Calcium enriched, instant hot cocoa
- Plastic spoons
- Non-refrigerated, individual serving, cartons of milk

85% of homeless families are headed by single mothers escaping an abusive home. Children that remain in an abusive home have an 80% chance of becoming an abuser or being abused.

Tufts University

We Need Your Help

A Little Donation Goes A Long Way

A typical backpack food bag for elementary schools consists of healthy, easy to prepare meals and snacks. Each backpack generally consists of 2,815 calories at a cost of less than \$8.00.

We ask that you consider donating to this worthwhile cause. It costs a little over \$30 a month to feed a homeless child over the weekend when they are not in school.

My Pledge

Thank You For Your Help

Yes, I would like to sponsor food for a local homeless child (Please check one.).

- \$30 Monthly \$360 Yearly
- \$90 Quarterly Other: \$ _____
- \$180 Bi-annually

Any donation is appreciated.

Make checks payable to: Food For Thought.

For credit card donations please visit
www.nvfoodforthought.org

Name _____

Mailing Address _____

Email Address _____



Please detach and mail to:
Food For Thought
P.O. Box 656
Carson City, NV 89702
(775) 883-1011
Federal Tax ID # 51-0564783