



FOOD FOR THOUGHT

"Feeding our youngest victims of homelessness in Carson City."

- Carson City typically has 370 – 400 homeless children enrolled in its schools at any given time.
- Many of our homeless children have very little or no food to eat on the week ends. They often go to bed hungry!
- It has been proven, children that lack proper nourishment have lower test scores and more behavioral problems in school.

FOOD FOR THOUGHT discretely provides a bag of food for Carson City's hungry, homeless children every Friday allowing them to eat on the weekends.

How you can help **STOP THE HUNGER** in Carson City...

Desired food donations:

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	

Monetary donations are GREATLY appreciated!

Please mail monetary donations to:

FOOD FOR THOUGHT
P.O. Box 656
Carson City, NV 89702-656

Please bring food donations to:

First Baptist Church	or	ABC LEARNING CTR.
1750 N. Mountain St., Carson City		151 E. Park St.
Mon & Wed 10:00 a.m. – 4:00 p.m.		Carson City
Or by appointment: Rev. Thomas 297-5706		

For more information please call Rebecca Rund at: (775) 883-1011
or e-mail us at: foodforthought@prodigy.net