



Have You Filled a Spring Basket Today?



Dear Langtree families,

March is National Nutrition Month, and we would like to recognize this month by providing springtime food and fun baskets to families in need. We believe that everyone deserves nutritious meals and opportunities to be healthy. If you would like to learn more about how to make informed food choices and develop healthy eating and physical activity habits, you may go to myplate.gov and fit.sanfordhealth.org.

Below are suggestions for donations by grade, but we are happy to receive whatever you can offer. If you can donate, we greatly appreciate it; if you need help, please reach out. Starting this week, food donations may be brought in until Friday, March 22, 2024. There will also be a bin outside the front doors for you to drop off food. If you have a ham to donate, please reach out to our School Counselor, Miss Zukas (bzukas@htsdnj.org, 609-631-4157 x3906) or our School Nurse, Mrs. Castro (dcastro@htsdnj.org, 609-631-4157 x3905).

Let's work together as a community to recognize the importance of nutrition for all families.

With much gratitude,
Langtree staff



(See other side for food suggestions)

FOOD and ITEM SUGGESTIONS FOR EACH GRADE

*******Since it is National Nutrition Month, we would like to incorporate more *fresh* fruits, *fresh* vegetables, bagged salad, milk, eggs, and bread in our list. If you would like to donate any *fresh* items, please deliver them to the school **ONLY** on **Friday, March 22nd.*********

KINDERGARTEN

- Cereal
- Oatmeal
- Muffin mix

1ST GRADE

- Condiments (ketchup, mustard, mayo, oil, etc.)
- Salad dressing
- Canned tuna/chicken/SPAM/corned beef

2ND GRADE

- Peanut butter and jelly
- Fruit cups/dried fruit
- Applesauce

3RD GRADE

- Canned soup/chili
- Starch side dishes (rice, potatoes, mac & cheese)
- Canned vegetables

4TH GRADE

- Pasta
- Sauces
- Meal kits (Hamburger helper, taco kits, etc.)

5TH GRADE

- Granola/Breakfast bars
- Trail mix
- Popcorn/crackers

Thank you for your caring support and generosity.