**Ballard Food Bank D** A Hub for Hope

## Weekend Food For Kids

## We offer free food for the weekend!

If you'd like to sign up, you will receive a bag containing 3 dinners, 2 lunches, 2 breakfasts, and snacks including fresh fruits and vegetables. We can accommodate dietary restrictions, cultural needs, and allergies such as vegetarian, halal, no-nut and more!

Let us know if you would prefer a low cook or a no cook menu. Low cook menus will occasionally include items that require use of a stove such as pasta and boxed mac and cheese. No cook menus will include items that require use of a microwave such as microwaveable pasta and mac and cheese cups.

To Sign up: return this form to your

There are no requirements to participate in this program.

		school counselor or the main office
	Name:	
	Grade:	
	Teacher:	
	Allergies /Dietary Restrictions:	
	Menu type: <b>Low cook</b> (requires use of stove) of <i>Please circle one</i>	or <b>No cook</b> (requires use of microwave)
	Language(s) Spoken at Home:	