



Wellroot
Family Services



Lunch & Learning

Wellroot's Summer Lunches & Learning program supports the children, youth, and families we serve during the school summer break. We invite you to participate in this important program!

Lunches: Many children and youth across the state rely on school lunches for nutrition. Wellroot has found that providing healthy lunches over the summer keeps our young people energized and happy. That is why Wellroot is committed to ensuring our kids continue to have nutritional lunches throughout the summer.

Learning: Children thrive in homes where there are lots of books and are more likely to maintain their grade-level reading over the summer. Your partnership ensures all our families have a plentiful number of books for their children and youth to enjoy!

What to bring?

- Your group can sign-up to bring enough food for around 15 children to have 5 lunches for one week between May 27th and July 29th.
- Please separate the groceries into boxes/bags per family, and do not assemble any sandwiches or lunch items.
- Wellroot only accepts non-perishable food. Some lunch ideas are bread, peanut butter, jelly, canned tuna, easy mac & cheese, ravioli, chicken noodle soup, fruit cups, (low-sugar juice boxes, crackers, granola bars, chips, etc. Single portion fruits (banana, apples, or oranges only) are accepted as well.
- Collect age-appropriate books from your church or organization.
- Wellroot staff will coordinate a delivery time on your designated Friday to allow our staff to deliver the meals on Monday morning to our families.

Please contact bberto@wellroot.org to learn more or sign-up. Upon sign-up, a member of our team will confirm the number of families, children, ages, and final coordination with you.

**Well-rooted and
Firmly Planted**

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