

HEALTH FOCUS

Building Bridges Between Health and Learning

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Influenza







by **Judy Zabel, RN, MS, NCSN**
Supervisor of Health Services



This fall has been most interesting as the Novel A H1N1 Influenza is prevalent in Lincoln. LPS has experienced larger percentages of absences due to flu like symptoms than is usual for this time of year. Educational information about H1N1 influenza was sent to all LPS employees. It was also sent to all school buildings, to be disseminated to all student families. H1N1 information is posted on the LPS website. LPS participates in the community surveillance program, to assist the Health Department in monitoring the health of the community.



Weekly shipments of H1N1 vaccine have been received by Lincoln Lancaster County Health Department (LLCHD), and distributed to various medical practices to be administered. The distribution of the vaccine, has been to physicians serving the groups of individuals who are mostly at risk for complications of Novel A HINI Influenza. Those groups are:

-  infants and children 6months-9 years of age
-  women who are pregnant
-  health care workers
-  children and adults, 10-64 years of age with health conditions that put them at risk for complications from influenza
-  household members in households with an infant under 6 months of age
-  young people 10-24 years of age

As additional doses of H1N1 vaccine are received, they will be distributed to medical practices for administration. When large quantities of vaccine are available, the LLCHD plans to have vaccine clinics. As of November 6, 2009 LLCHD has received 35,000 doses of the vaccine. LLCHD estimates the need for 150,000 doses of H1N1 vaccine to cover all people in the high risk groups.

A bit of review, H1N1 was first identified in late March,

2009. It is a new or novel virus that has been most prevalent in young people. It quickly spread worldwide. **The World Health Organization declared it to be a pandemic in July 2009.** H1N1 vaccine became available in early October. Until substantial quantities of vaccine are released, the front line of defense continues to be non-pharmaceutical community mitigation strategies: social distancing, hand washing, covering coughs, and self-isolation when ill.

LPS has focused on teaching and practicing good healthy habits to prevent the spread of infection. These healthy habits should become a regular practice for everyone at all times. The CDC recommends that the following good health habits be practiced at school, home, at work and in the community – to help stop the spread of viruses and germs:

- Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder – and not into your hands.
- Avoid touching your eyes, nose or mouth** since germs are often spread when a person touches something that is contaminated with germs, and then touches his or her eyes, nose, or mouth.
- Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever, or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Fever-reducing medicine such as Tylenol (acetaminophen) or Motrin (ibuprofen) can be used for children. Bayer Aspirin (aspirin 'acetylsalicylic acid') should never be used for anyone younger than 18 years of age with a viral infection. If you have questions please contact your primary medical provider.
- Consider having your family vaccinated** for seasonal flu and H1N1 flu when vaccines are available. Watch for additional information to come.
- Avoid close contact** with people who are sick.
- Practice other good health habits** by getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids and eating nutritious foods.

Please check the LPS website for additional information.

“Education is not preparation for life; education is life itself.”

- John Dewey (1859-1952)

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Newsletter Committee Contact Information

Please forward any questions, comments or contributions to any member of the Newsletter Committee.

We look forward to hearing from you!

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National Association of School Nurses

Are you a member?

The National Association of School Nurses is a professional organization that serves school nurses exclusively. Its mission is to “improve the health and educational success of children and youth by developing and providing leadership to advance school nursing practice.”

As a national voice, NASN has helped to:

- 🎧 bring awareness and visibility to school nursing
- 🎧 Advocate for standards in school nursing
- 🎧 Promote and advocate for nurse/student ratios that are manageable
- 🎧 educate school nurses on current issues in the school system
- 🎧 increase communication by providing forums for “discussion on school health issues.”

NASN members are provided with opportunities to develop professionally through many programs, benefits and networking which build confidence, develop leadership and enhance practice skills. NASN members represent all areas of the school nurse delivery system which includes, school nurses, school nurse educators, school nurse administrators and school nurse practitioners.

There are several membership categories consisting of:

- 🎧 **Active** – registered nurse professionals who meet the State’s criteria for certification.
- 🎧 **Associate** – registered professional nurse who is not eligible for active membership; serves as a school nurse.
- 🎧 **Member at Large** – person with a special interest in working with NASN and who does not fit into any other category.

- 🎧 **Student** – student of a school of nursing not employed as a school nurse on a full or part-time basis; not granted to persons with previous active membership.
- 🎧 **Retired** – a retired school nurse member.
- 🎧 **Corporate/Business/Professional Organizations** – Organizations or persons who are not eligible for active or associate membership.

The Association provides many continuing education online resources on several hot button subjects such as, mental health issues, healthy weights,

asthma, managing school emergencies and disaster preparedness. There is also an annual and regional conference where many updates are shared by professionals in the field of school nursing. Other benefits include the Journal of School Nursing, the NASN Newsletter, and Weekly Digest E-Communication. The “Sight for Students” Vision Service Plan (VSP) has also helped many students who



need glasses and do not have vision insurance or the resources to get glasses. This service makes a big difference in helping students learn and stay motivated at school. There are also many opportunities to apply for grants, scholarships and awards.

LPS school nurses can even use their annual enhancement funds that are set aside for their buildings towards membership in the NASN. To join please visit www.nasn.org or contact the toll free number 1-866-627-6767 for an application or additional information.

Healthy Eating During the Holidays

By Liz Post, RN



It's already that time of year again! Time to prepare many delicious meals and then stuff ourselves, right? Well, most of us make promises that we will not overeat and be able to button that top button on our jeans; however, it all tastes so good! Here are some tips on how to satisfy your need for a good holiday meal **AND** not feel guilty. It is possible to serve up a healthy, yet festive feast this year. Of course, there is always portion control...

Nothing says, "I love you" more than providing your family and friends with a healthy meal. Many of the foods we typically eat during the holidays are packed with vitamins, minerals and antioxidants. Let's look at some of the foods we often consume at this time of the year.

Turkey – it is a great source of Iron, B6, Selenium, Zinc, Potassium, Phosphorous and the amino acid, Tryptophan. You might want to choose a turkey grown without the use of hormones or antibiotics. The dark meat of turkey is higher in fat than white meat. A piece of white meat (the size of a deck of cards) has fewer than 200 calories. Removing the skin

is another way to reduce fat/calories although it is the tastiest part, isn't it? Before roasting the bird, separate the skin from the meat and rub herbs, olive oil, salt and pepper, garlic or whatever you like, then replace the skin. Try basting with chicken broth.

Try roasting the turkey in a roasting pan so that the fat can drip down. Instead of the traditional stuffing inside the cavity of the bird, place onions, fresh herbs or cut oranges inside to add flavor and extra nutrients.

Stuffing – I know that stuffing ranks right up there on the list of favorites at my home! If you **MUST** have that stuffing, prepare it with olive oil and whole grains instead of using white bread. Other options are using barley and dried fruits. There's no time like the present to broaden your horizons and try something new and exotic.

Side Dishes – a variety of side dishes will offer some extra nutrients. Why not try some broccoli, brussel sprouts, cranberries or sweet potatoes. Instead of butter, steam the vegetable with garlic and sprinkle with parmesan before serving. Using herbs will add so much flavor that you will not even realize you're eating brussel sprouts! Did I really write that?

Dessert – Pumpkin pie ranks number one as the most nutritious dessert and has the

fewest calories compared to other pies or cakes. I knew there was a reason I LOVE pumpkin pie.

Nuts are a great idea to have around. A new study shines the light on one nut in particular – pistachios. According to research from Penn State University, pistachios are a heart-healthy superstar – significantly reducing inflammation at a cellular level. These tasty nuts also lower blood pressure and reduce total cholesterol.

During the holidays, my mother used to dig out the nutcracker and fill a bowl with unshelled nuts that sat on our coffee table. I'm sure she didn't know how healthy nuts were, but she was definitely on to something. This is a tradition we continue. It also keeps people busy trying to get the small pieces of nuts out of the shells while I'm in the kitchen, a huge benefit in my opinion.

Nothing says, "I love you" more than providing your family and friends with a healthy meal."



Dangers of Carbon Monoxide-Winter Hazard

By Hollis Alexander-Ramsay, RN MSN



According to the CDC, Carbon Monoxide poisonings mostly occur in the winter months when homes and businesses are being heated for the winter. Heat

sources may produce CO levels that are hazardous. As a safeguard, it is best to do preventative maintenance checks for the winter; learn the symptoms of CO poisoning and acting wisely and safely in the event there is a power outage.

According to the CDC 20,000 Americans are treated each year in emergency rooms for exposure to CO. This colorless, odorless gas produced by burning any fuel can cause death if there is exposure to high levels. Many persons with CO poisoning are unable to recognize the signs and symptoms because they are similar to other complaints.

Symptoms of CO poison include:

- headache
- dizziness
- chest pain
- nausea/vomiting
- agitation, confusion, tiredness or even unconsciousness (severe cases).

According to the CDC, exposure to Carbon Monoxide poisonings can happen at anytime during the year. However, **most accidental CO poisoning happen between**

December and February. During the winter, many persons use their furnaces and oftentimes warm up their vehicles in their garage. Also, in severe winter weather, there may be disruption to electrical power; hence the use of alternative heating sources, while utility companies work to repair the damage.

Safety Precautions to protect yourself and family from the dangers of CO poisoning:

- **Do not run a vehicle inside your garage**, even if the garage door is open.



- **Check frequently** on children and the elderly.
- **Do have your chimney and flue** inspected annually.
- **Check to see that your chimney** is not blocked by snow before using your fireplace.
- **Move to a fresh-air location and call 911 immediately** if you experience CO poisoning.
- **Do have a qualified technician check your heating system**, water heaters, and other gas, oil or coal-burning appliances every year.

- **Do install battery-operated CO detectors in your home** and change the batteries in the detector when you change your clock from daylight saving time to standard time.
- **Do not use gas-powered appliances** such as ovens, clothes dryers or ranges to heat your home.
- **Do not use camp stove, charcoal grills, or hibachis** inside your home, basement or garage.
- **Do not operate a generator inside your home or garage.** Only operate a generator outdoors away from doors, windows and vents that could cause CO to enter your home.

By taking the following steps, CO poisoning can be entirely preventable: (i) preparing your home heating sources for winter; (ii) making wise decisions when there is a power outage; and (iii) learning the signs and symptoms of CO poisoning.

Source: National Center for Environmental Health, Division of Environmental Hazards and Health Effects. Air Pollution and Respiratory Health Branch. URI for this page: http://www.cdc.gov/Features/CO_poisoning/



Hypothermia

By Hollis Alexander-Ramsay, RN MSN

As the weather changes and we approach winter, many students may not be dressed properly for colder days. Many schools have extra warm clothing and accessories on hand when students are under dressed. Some students may even attempt recess when inappropriately dressed. School staff is often diligent, reporting student(s) who are not dressed for cold temperatures. But sometimes, it may be too late when a student walks to school in cold temperatures inadequately dressed, or waits in cold weather for transportation.

Hypothermia is a medical emergency because the body loses heat faster than it can produce it. Hypothermia results when the body temperature falls below 95F (35C). This may affect many organ systems such as the brain, heart and nervous systems. Heart and respiratory failure may occur if untreated. This most likely occurs in cold weather or from immersion in water for a long time. The main treatment method is to warm the body “back to a normal temperature.”

Symptoms - A key sign is shivering, an attempt by the body to warm itself up (an automatic defense against cold temperatures). Other symptoms are:

- * **Exhaustion or very low energy**
- * **Confusion, difficulty thinking**
- * **Poor decision making**
- * **Memory loss, slurred speech**
- * **Stumbling, clumsiness, lack of coordination**
- * **Drowsiness, weak pulse**
- * **Shallow breathing**

There is also mild hypothermia that may not be related to the outdoors. This may occur in a home that is not adequately heated. When this occurs, confusion, lack of coordination, dizziness, nausea, vomiting and fatigue may occur.

At Risk Groups

- * **The elderly.** Caused by the body's inability to regulate temperatures

effectively, or by a medical condition that may affect temperature regulation.

- * **Younger persons.** Children lose heat faster than adults because they have a larger head-to-body ratio than adults. This makes them more susceptible to heat loss occurring through the head. Children may be having too much fun playing, ignoring the signs that they are extremely cold and they may not use correct judgment to go indoors when this happens.
- * **Medications.** Some antipsychotic drugs and sedatives may impair body temperature regulation.
- * **Alcohol and drug use.** Alcohol dilates blood vessels resulting in heat loss from the skin. Alcohol or recreational drugs may impair judgment about getting inside to warm up when there is colder weather.
- * **Certain medical conditions.** Medical conditions such as malnutrition, stroke, severe arthritis, burns, and diabetes may affect sensation in the extremities. When blood flow is restricted, persons may become more susceptible to hypothermia.

Complications such as **frostbite, gangrene, damage to nerves and small blood vessels** (usually the hand or feet); may also occur after prolonged exposure to above freezing cold temperatures, or immersion in water for a long time.

It is important to seek medical attention for a person suffering from hypothermia. If not readily available first aid care is administered. **Be gentle**, remembering not to massage or rub the person. Move the person to a warm location and remove wet clothing. **Cover the person** with layers of clothing or blankets, and if outside insulate the person's body from the cold ground. **Providing warm beverages** may be helpful if the person is alert and able to swallow. **Warm, dry compresses may be useful but only apply it to the neck, chest wall or groin. Do not apply it to the arms or legs since this may push cold blood towards the heart, lungs and brain which may cause the core body temperature to drop. Also, direct heat should not be applied**, such as hot water, a heating pad or a heating lamp. The

extreme heat may damage the skin or cause cardiac arrest.

Prevention methods include staying warm in cold weather. Hats help to prevent body heat from escaping from the head; and mittens are warmer than gloves since they keep the fingers in closer contact with each other. Dressing in layers is also helpful, with the outer layer made of lightly woven water-repellent material. Wool, silk or polypropylene inner layers are warmer than cotton. Sweating a lot in cold weather may cause the body to lose heat quicker. Also keeping hands and feet dry (keeping snow out of mittens or boots); and removing wet clothing as soon as possible helps.

For many of our students, being the vigilante is helpful, as we monitor if they are appropriately dressed for the weather. Staff should be encouraged to report students who may not have warm clothing, coat or accessories. As temperatures dip, outdoor activities may be cancelled or limited as necessary. Students should be encouraged to verbalize when their feet or hands are frozen and/or wet in cold outdoor temperatures. Teaching students to protect themselves and dress warm ultimately helps them stay healthy and stay in school. It also helps them to enjoy the colder weather.

Source:

www.mayoclinic.com/health/hypothermia;
<http://emergency.cdc.gov/disasters/staysafe/hypothermia.asp>



Computer Committee Report



**By Linda Biggerstaff, RN,
 Computer Committee Chair**

The 2009/2010 school year has been busy with new additions to our electronic documenting program, Sapphire. We've started using the health screening data information section and the immunization section. This will expedite immunization records for parents and streamline screening data for referrals.

The computer committee works with the immunization committee, the nurse practice committee and the medical advisory committee so that we follow legal & district guidelines on documenting our student visits, screenings and health information that parents & medical providers share.

Our electronic documenting system will continue to be updated & the computer committee will continue to work on individualizing the program to fit Health Services needs. The next goal is to focus on the screening program on Sapphire and make it more user-friendly.

We appreciate any and all computer help tips we receive and will pass them on to the Health Services staff.

Here are two computer tips: (i) when working on the Daily Scheduled Events set your "Complete/Incomplete" to "Both". You can then add more information to a log by clicking on the "Paper/pencil" icon instead of going to the "Daily Log" to do it. (ii) Are you using the "Student Information" Icon when you enter a student in the daily log? This will tell you how many visits a student has made in the past 30 days-a great tool for subs and school nurses who are not in a building every day!

Christmas tree Recycling Sites Begins on December 25th through January 10

The City's Recycling Office is encouraging residents to reduce waste this year. Every year between Thanksgiving and Christmas there is a record number of trash produced. After the Christmas festivities, Christmas trees can be taken to one of the seven Christmas tree recycling sites in Lincoln. Recycling your Christmas tree will save space in Lincoln's landfill. Those who recycle their Christmas tree can receive free wood chips from the tree, which will be available at Hoefeling Enterprises located at 2200 South Folsom Court. This extends from Christmas day through January 10.

RECYCLING REMINDERS

Once at the site, please remember to remove plastic bags and put them in trash cans nearby. Also, please make sure that all nails, wires and tree stands are removed.

CHRISTMAS TREE RECYCLE SITES

NORTH

 **Ballard Park**
 3901 North 66th Street

 **Oak Lake Park**
 South of Cornhusker Highway
 (3 blocks on 1st Street)

 **University Place Park**
 50th & Garland

SOUTH

 **Holmes Lake Park**
 (Parking lot west of north softball field)

 **Sawyer-Snell Park**
 2nd & South Street
 (west of Fire Dept. Bldg)

 **Tierra Park**
 29th & Tierra Park

 **Woods Park**
 31st & J. Streets
 (south east corner of lot)



November Birthdays	December Birthdays
Carol Pohlmann 11-05	Connie Richards 12-06
Joan Johnston 11-06	Heidi Stange 12-12
Sharon Dickinson 11-14	Patty Baker 12-13
Joyce Poindexter 11-16	Hollis Ramsay 12-21
Maralee Cloran 11-25	Lynn M-Fisher 12-22
Myrna Stanard 11-29	Marcia Jones 12-26
	Sharon Baker 12-29

Congrats on another milestone!

In the Spotlight

Fran Showalter,
Itinerant Health Technician



I was born in California but at age 10, my grandfather decided it was time to move the family from Escondido, California to Dallas, Oregon. Dallas is a small town in the Willamette Valley, 45 minutes east of the Pacific Ocean (my favorite place on earth). I attended Oakdale Heights Elementary School, Academy Middle School (for 7th graders only); LaCreole Junior High, and I was in the first 9th grade class of Dallas High School, in 1986. The friendships I made in this small town I carry with me today.

My father James Moitoso is of Portuguese decent giving me what my family calls “*my latin flavor for life.*” He was in the military until last year when he retired. My mother’s family is from the south and of German decent, giving me my “sure fire straight forwardness!” I met my ex-husband at 21, after attending a year at University of Oregon and two years at Oregon State University. We were married and moved to Lincoln, NE, leaving my family behind. I did not know where Nebraska was on the map, obviously not anywhere near the ocean; I soon learned that the prairie was the ocean of the Midwest. We have three wonderful children, Nathan, 18, who

attends SCC-Milford; Kathryn, 15, a freshman at Northeast High School and Sarah, 7 who is a 2nd grader at Trinity Lutheran School.

At age 22, I attended Southeast Community College completing the Medical Assistance Program. This part of my education would take me on a journey, with experiences gained from working in several clinics: dermatology, family practice, neurosurgery, orthopedics and psychiatry. These experiences gave me a wealth of knowledge, to help me deal with my children’s rare medical conditions (especially from working in family practice and neurosurgery). It isn’t everyday you hear the words “ulcerative colitis, rare brain clot, epilepsy, and Arnold Chiari Malformation.” With the knowledge I gained from my education and experiences, it made a trying time much easier to deal with. After my son’s health improved, I began working for Lincoln Public Schools as a Health Technician. Shortly thereafter, an opportunity to work for Southeast Community College took me away for awhile, which was also very rewarding. It was in this environment that I learned how to communicate more effectively with the student population, staff and the community. It made me a better listener and I also learned that sometimes there are many ways to solve a problem.

I have also served as the Parent Teacher League President at Trinity Lutheran School for 12 years. It was an awesome experience working with students, parents and faculty. Once again this role helped prepare me for my current position. I have realized that working in a health office is not

just about working with a student, but **it is about “the unit”** - which includes the student, parent/guardian, staff and administration. When that well oiled machine is working great, there is success.

In 2008, I felt like my life was starting over. This change would include my return to LPS, as an Itinerant Health Technician. As a result, I enjoy

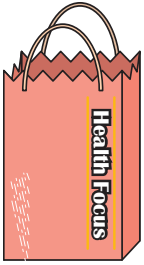
“I wake up every morning, happy to go to a job that I love, and feel blessed to be working among great co-workers and nurses throughout the district.”

different assignments every day. I am based at Northeast High School, but I also get to work with middle and elementary students, as well. I wake up every morning happy to go to a job that I love, and feel blessed to be working among great co-workers and nurses throughout the district. I believe I am in a place where I am supposed to be and that gives me great joy.

Over the fall break, while in Oregon, I was able to meet my 76 year old, 7th grade school teacher. He told me that he was proud of me and the work that I was doing with students; working

in a health office, making a difference. This statement gave me great encouragement ...as I will always remember the words of my 5th grade teacher who said, “you will never go anywhere or amount to anything.” Even though I might see 30 headaches a day, I always try and remember that it may be the 30th headache I’ve seen that day, but it is “their headache,” and the attitude I show and words I say can have a great impact. My motto in life – “Stay off the bitter bus, life is too short, and just laugh, it is a much better ride!”





Gayle's Grab Bag

The following information relates to leave for classified staff:

- * You may use sick leave for yourself or for staying home with sick children. Also you can use it if you are going to the doctor.
- * Emergency Leave has 11 reasons that are acceptable for absences. These are stated in the LPS Classified Employee Handbook. All Emergency Leave must have approval from Human Resources. Any other reasons for Emergency Leave that are not listed in the Employee Handbook, need to have prior approval from Dr. Nancy Biggs in Human Resources.
- * Treatment Nurses should fill out a Request for Leave form; send it to Judy Zabel, Health Services Coordinator and then email Dr. Biggs asking for permission to use emergency leave. After her approval, you will need to notify Judy Zabel that your leave has been approved by Dr. Biggs. At that time, you may then enter your absence in Subfinder.

Before going on break for the holidays, I am reminding nurses to return their audiometers and tympanometers to LPSDO for the mid-year checkup. All equipment must be returned to the district office by December 18, 2009. Please sign your equipment in on the lavender colored equipment sheets, and then sign them out on the same sheet in January, after break.

Have a GREAT holiday.

Gayle Thomas
Executive Secretary,
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Under the Microscope

Keeping tabs on what's new Change of Assignments

Kay Duncan, RN, School Nurse,
to School Nurse/Health Services
Coordinator (Saratoga, LPSDO)

Tara Johnson, Sub Health Technician to
Treatment Nurse

Sheila Lemmert, Treatment Nurse, to
Cavett School Nurse

Marge Theel, RN School Nurse, to School
Nurse/Mentor

New Employees

We welcome these new employees to our
Health Services team:

Lesa Ballas, RN Sub

Jamie Klein, Treatment Nurse

Jennifer Petersen, RN Sub

Marcia Wehrman, RN Sub

Tammy Weihe, RN, School Nurse at
Adams Elementary & Pound Middle School

Resigned

Sarah Virus, Lakeview HT

Peggy Hershberger, RN Sub

Nurse Humor

ROUND TRIP

A doctor told a patient with insomnia, "Take one of these pills. You'll not only sleep tonight but you'll take a trip. You'll wake up in Paris."

The next morning the patient called the doctor, "Doc, I slept. But no trip. I'm right here at home!"

"What color pill did you take?" asked the doctor.

"Green," said the man.

"Oh!" said the doctor, "I made a mistake. I gave you the round-trip pill!"

Author Unknown

GETTING OLDER

Three older ladies were discussing the problems of getting older.

One declares, "Sometimes I catch myself in front of the refrigerator with a jar of mayonnaise in my hand, and for a brief moment can't remember if I need to put it away, or start making a sandwich."

The second lady chimes in, "Yes, sometimes I find myself on the landing of the stairs, and can't remember if I'm on my way up or down."

The third one responds, "Well, I'm glad I don't have that problem; knock wood," as she taps her knuckles on the table. "That must be someone at the door, I'll get it!"

Author Unknown

Community Resources

**Emergency Food Pantry
LPS Emergency Food Bank**

Location: Portable classroom
at Lefler Middle School.

Starting: 11/2/09

Days: Mon/Wed/Fri.

Time: 3:30 to 5:00 PM.

Holiday hours: Dec.22/23/29/30
3:30-5:00 PM when food boxes,
will be available for pick up only.

Please help make LPS families aware of the Pantry.

The resource is available for LPS families experiencing a food crisis. Any LPS family in need should contact the principal or social worker at the school their student attends, to obtain a referral card.

Then families can come to the Pantry to select a specified amount of food – for up to five times in a school year at no cost.

Family having transportation issues, should contact the school principal to see if they can obtain a food box. **For additional information:** www.lincolnfoodbank.org

BackPack Emergency Pantry Open

Location: Portable at Lefler Middle School,

Hours: 3:30 to 5:00 p.m.
every day elementary schools are in session.

Open to families of all LPS students.

Families may "shop," selecting food – especially, good for families with strong food preferences; or specific dietary needs. Schools may get food boxes to give to their families. Especially good for families that have transportation issues.

Referral cards will be sent to every school to refer families, to shop for food.

Principal, Social Worker, or Counselor must sign the back of the card. Families can visit up to five times, in a school year. The size of the family determines the quantity (by pounds) of food the family receives.

Food boxes are available for pick up 3:30-5:00 p.m. Schools may pick up 5 boxes at a time.

