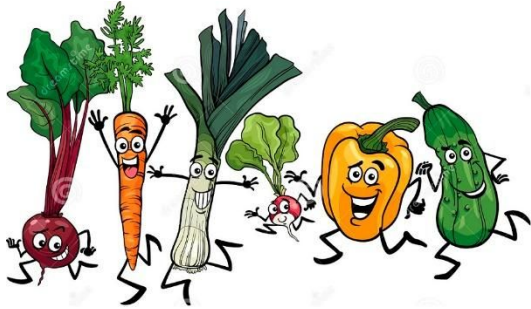


ConVal Food Services



Applications for free and reduced priced meals are available at conval.edu/district/food-service or by calling the PES office. Eligibility is determined by gross income and household size. Only one application per family is required. Families may apply anytime during the school year. Families who qualify for free or reduced priced meals may also participate in the breakfast program. Milk is included with all meals.

Making Mealtime a Family Time

It takes a little work to bring everyone together for meals. But it's worth it and the whole family eats better!

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals most days of the week.

Cook together! Eat together!

Talk together!

- Focus on the meal and each other. Turn off the television. Take phone calls or texts later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.
- Involve your child in conversation.



**Tips from www.choosemyplate.gov*

Food Resources for ConVal Families



ConVal School District
106 Hancock Road,
Peterborough, NH 03458

Phone: (603) 924- 3336
Fax: (603) 924-6707
www.conval.edu

Peterborough Area Food Resources

foodpantries.org

ANTRIM & BENNINGTON	ANTRIM BAPTIST CHURCH FOOD PANTRY—85 MAIN ST	588-6614	SAT. 10-12, TUESDAYS 6-7 AND BY APPOINTMENT
GREENFIELD	GREENFIELD COVENANT CHURCH— 12 DEPOT DR.	547-3626	SAT. 10-12 AND BY APPOINTMENT
MONADNOCK REGION	WIC AND COMMODITY FOODS	1-800-924-4321	CALL FOR CLINIC LOCATIONS/TIMES
PETERBOROUGH	SOUTH MEADOW SCHOOL FOOD PANTRY—108 HANCOCK RD	582-0986	JUDY HERTZLER, 582-0986
PETERBOROUGH	PETERBOROUGH COMMUNITY CENTER—COMMUNITY CENTER FOOD PANTRY— 25 ELM ST	924-3008	MON-SAT. 9-12 AND BY APPOINTMENT

Free Community Suppers

MONDAYS OF EVERY MONTH 5:30-6:30	PETERBOROUGH	UNION CONGREGATIONAL CHURCH 33 CONCORD ST	924-3272
TUESDAYS 5:30-6:30 (CLOSED AUGUST)	PETERBOROUGH	ALL SAINTS CHURCH 51 CONCORD ST	924-3272
WEDNESDAYS OF EVERY MONTH 5:30-6:30	PETERBOROUGH	UNITARIAN UNIVERSALIST CHURCH 25 MAIN ST	924-6245
THURSDAYS 5:30-6:30 via THE GRAPEVINE			
1 ST THURSDAY	FRANCESTOWN	COMMUNITY CHURCH 18 MAIN ST	547-2013
2 ND THURSDAY	BENNINGTON	PIERCE SCHOOL 19 MAIN ST	588-2131
3 RD THURSDAY	ANTRIM	PRESBYTERIAN CHURCH 73 MAIN ST	588-2209
4 TH THURSDAY	HANCOCK	CONGREGATIONAL CHURCH 47 MAIN ST	525-7047

*Call The Grapevine at 588-2620 the day before if you need a ride to Thursday night suppers

Updated November 2017