



La Harpe Family Dinner Project **Bringing Families Together — One Meal at a Time**

 **Program runs from mid-January through the summer | 3 meals per week**

La Harpe families are invited to participate in the La Harpe Family Dinner Project, a community program designed to help families enjoy meaningful meals together at home.





 **Up to 75 families will receive FREE “Dinner in a Box” meal kits for ★ THREE meals per week ★.**


Each meal includes:

 Nutritious ingredients  Simple, family-friendly recipes  Conversation starters & activities

Our goal is to make family dinners easy, stress-free, and meaningful.


Who Can Participate?


-  Must have at least one student enrolled at La Harpe Schools
-  Open to families of all sizes
-  Not based on income eligibility
-  No cost to participate

 **Space is limited**


How to Sign Up:

We are accepting family names and interest through  January 5.

 Email: Janet Gladu at jgladu@laharpeeagles.com

 Call: 217-659-7739

 Facebook: Message the La Harpe School District Facebook page

 In Person: Stop by the school office

Why Family Dinners Matter

Research shows that regular family meals help strengthen family relationships, improve communication, encourage healthy eating habits, and support student success at home and at school.

 **Participation is free. Up to 75 families will be selected from those who express interest.**

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