

OLP 5th Grade and the Food Pantry

During the Christmas week each year, the Saint Ladislas Pantry provides food to people in need. In fact, it has provided food to more than 300,000 people throughout Columbus since 1989 - that's enough people to fill the Ohio Stadium more than three times! For many years, the students and staff of Our Lady of Peace School have generously contributed non-perishable food to the Saint Ladislas Pantry. Whenever we have an "all school" Mass, we bring in canned goods for the pantry. Our fifth grade class had a special role in collecting food for the Pantry during this past Christmas season. Not only did we collect can goods, but also we made sure that the people who received them could have a nutritionally balanced meal.

Our project began in November when COSI on Wheels came to OLP. The theme was agriculture. We learned that balanced meals are an important part of a healthy lifestyle, and we learned about the food groups. For example, we learned that you should have 6 oz. of grain, 2 $\frac{1}{2}$ cups of vegetables, 1 $\frac{1}{2}$ cups of fruit, 3 cups of dairy, and 5 oz. of meat or beans daily. We even kept a food and sleep journal to learn more about our own healthy lifestyle.

We then formed groups within our class, and each group was responsible for planning a non-perishable meal that would include all of the food groups. In December, each group brought in healthy canned goods to create these balanced meals. It was fun to learn about nutrition and balanced meals as we donated food to the needy.

In the future, the OLP family will continue to donate food to the Saint Ladislas Pantry.

