

# W.O.W.

Word of Walden

November 2008

Volume 27 Issue # 3  
Published monthly August through June

## CALENDAR 2008-2009

### November

- 6-7 **Conferences – dismissal at 10:45 am**  
7 **Conferences – no school**  
6-7 Book Fair Main Floor hall near the Office  
13 Delayed Start – school starts at 9:15  
**Dine Out at Noodles & Co.** – voucher required  
14 Market Day online orders noon deadline  
Senior Class hosts – staff advisor is Chris  
17.21 Harvest Food Drive  
18 Poinsettia Sale Orders due back to Vanessa  
18 Market Day Pickup 4:00-5:00 pm  
18 PTSA Meeting 6:30-8:00 pm  
21 Turkey Dance 6:00-9:00 pm  
26 Thanksgiving Feast  
27-28 **Thanksgiving Recess**

### December

- 11 Cocoa Concert 6:00-8:00 pm  
12 Barnes & Noble Book Fair 9:00 am-10:00 pm  
12 Market Day online orders noon deadline  
Student Gov't hosts – staff advisor is Michael  
16 Market Day Pickup 4:00-5:00 pm  
Dec. 22—January 4 **Holiday Recess**

### January

- 5 **School resumes**  
15 Delayed Start – school starts at 9:15  
**Dine Out at Domino's** 11:00 am-midnight  
20 PTSA Meeting 6:30-8:00 pm  
22-23 **Conferences – dismissal at 10:45 am**  
23 **Conferences – no school**  
23 Winter Formal 6:00-9:00  
23 Market Day online orders noon deadline  
English Fest hosts – staff advisor is Janet  
26 **Records Day – no school**  
27 Market Day Pickup 4:00-5:00 pm



**MAIN OFFICE 664-6250**

**ATTENDANCE LINE 664-6259**

*Please call before 9:00 am*

# WALDEN III

*In the Process of Discovery*

## A Word from Principal Bob Holzem

The Association for Wisconsin School Administrators has recognized Walden III Middle School as an Exemplary Milled School, noted as being in the top 10% of reading scores in the state. **Congratulations**, and thank you to Kate, Michelle, and Janet, and to our entire middle school staff!

We have just received the results of the RUSD Customer Service Survey for 2007/2008, and they are as are as follows:

### High School

71.4% of our parents rated Walden III Excellent  
23.8% of our parents rated Walden III Good

### Middle School

62.7% of our parents gave Walden III a grade of Excellent  
29.9% of our parents gave Walden III a grade of Good



## Harvest Food Drive Nov. 17-26

Walden's annual Harvest Food Drive has grown to become one of the biggest food drives in the county – second only to the postal carrier's collection! Everybody contributes something daily for a week, and the generosity of our Walden families is outstanding.

A list of food items collected will be given out in Homegroups during 1st quarter conferences. Each day has a theme such as Breakfast Day, Pantry Day, Snack Day, etc., and each item is assigned a point value. Homegroups compete against each other for the most donations to determine their place in line for the Thanksgiving Feast.

Stock up now on food and household items like shampoo and toothpaste, pancake mix and cereal, peanut butter and jelly, salsa and other staples, and watch for the complete list during conferences.

**We could also use donations of clear packing tape!**  
Can you donate a package of packing tape from Sam's Club? **Please see Michael Seyller**

# IMPORTANT NOTICES

## BOOK RENT

**Book rent is now overdue!** The fee is now \$17.00 for the 1<sup>st</sup> semester. Make checks out to Walden and write "Book rent" in the memo line. Remit to your Home- group teacher or directly to the Office.

## LAB FEE

If you haven't yet paid your Lab Fee, please turn it in today. All students must pay a \$2.00 fee to cover the cost of printing in the lab and library. Please remit to your student's Homegroup teacher. **Thank you!**

## First Quarter Conferences...Nov 6-7

Parent-teacher-student conferences for the first quarter will be held **Thursday, Nov. 6, and Friday, Nov. 7.** Students sign up for a conference time with their Homegroup teacher— all students must be in attendance for their conference. Dismissal on Thursday is at 11:14 with conferences in the afternoon, and there is **no school** on Friday, Nov. 7.

If you have offered to bring a dish for the **STAFF APPRECIATION LUNCHEON**, please send it to school with your student on Thursday, or bring it to the Teacher's Lounge by 10:30. Thank you for helping to let our teachers know how much they are appreciated!

## THINKING GREEN



An EPA Municipal Solid Waste Generation report lists the areas of waste Americans created in 2006:

1. Paper & Paperboard 85,300 tons
2. Yard trimmings 32,400 tons
3. Food Wastes 31,300 tons
4. Plastics 29,500 tons
5. Metals 29,500 tons
6. Wood 13,900 tons

The good news is that **we can** easily impact the largest forms of waste with a little attention and by changing our practices. You can:

1. Be mindful of your consumption of paper and recycle it.
2. Don't bag your grass clippings! Fine grass clippings left by a mulching lawn mower creates healthier lawns.
3. Compost your food waste and make your own fertilizer.

## Doctor Appointments

If your child has an appointment **PLEASE** call the attendance line with this info before 9:00 am. **Your child must check out with the office** at a specific time and can then meet you at the front door. Note – your child must still check out with the office even if you have called us. Following these guidelines will help to avoid interrupting classes. Thank you!

## STANDARDIZED TESTING

**November 12,13,14**

Students in grades **6, 7, 8, and 10** will be taking the standardized tests on:

Wednesday, Nov. 12	morning testing
Thursday, Nov. 13	morning and afternoon
Friday, Nov. 14	morning testing

Please help your child get a **good night sleep**, eat a **healthy breakfast**, and make an extra effort to **arrive on time**. To help with the longest day of testing, the PTSA is providing snacks during the morning break.

Students in grades **9, 11, and 12** will report to classes on the days of testing, and remain in the classroom during the testing window. Students will be able to receive educational support for questions with homework.

**CONGRATULATIONS** to Annette and Michelle for receiving two **Kidsfirst** educational grants from the **Racine Community Foundation**.

Michelle will take 6<sup>th</sup> graders and the HS film class to see and hear a restored Wurlitzer Organ accompany a silent film. Annette has arranged a Ropes course at Lutherdale in Elkhorn that fosters leadership, team building, and community skills.

## PIES FOR THE HOLIDAYS

The senior class will be selling pies to offset the cost of prom and post prom festivities. The more pies the seniors sell, the greater the profit they make per pie.

***These pies are truly delicious!***

Please support the senior class and buy a pie or two or three! Make life easier over the holidays and purchase pies from a senior at Walden. Wait – you don't know a Walden senior?

Call Chris at Walden at 664-6250 and he will help you out!

The senior class is also sponsoring the November Market Day. This is the time to try some of the delicious, nutritious foods from Market Day. Forms are in Main Office, or you can contact **Andrea Peterson** at [apeterson6@wi.rr.com](mailto:apeterson6@wi.rr.com), phone: 635-1483.

## HORLICK HIGH SCHOOL HOLIDAY FAIR

Racine Horlick High School's Student Government is hosting its annual **Holiday Fair** on **Saturday, Nov. 22, from 8:00 am to 4:00 pm**. The fair was voted the **Best Holiday Fair in Racine** in the Racine Journal Times last year – you don't want to miss it! Booth spaces are still available for \$55.00. Interested vendors should call Victor Moreno at 619-8300 Ext. 8953 for more information.

**SCHOLARSHIPS AVAILABLE TO SENIORS**

SCHOLARSHIP	QUALIFICATIONS	DEADLINE
Herb Kohl Education Foundation	Leadership, community & school involvement, academics	Nov. 14
WI Ready Mixed Concrete	Junior/Senior, essay	Nov. 30
SAE Engineering	Engineering field	Dec. 1
Dept. of Air Force	ROTC	Dec. 1
AXA Achievement	Ambition/drive, determination	Dec. 15
Vietnam Vets of America	Vietnam veteran dependant, essay	Jan 17
McKelvey Foundation	Own/operate own business	Jan 25
Conclave Scholrshp	Attend broadcast school	Feb 1
WI Professional Police Assoc	Police science	Feb 2

**OTHER INFORMATION**

- ▶ UW-Stevens Point will hold auditions for their acting and musical programs on Feb. 14, 27, and March 7, 2009
- ▶ Learn about Christian colleges and be automatically entered for a scholarship: [www.christianconnector.com](http://www.christianconnector.com)
- ▶ Search for merit-based scholarships from colleges across the country at [www.meritaid.com](http://www.meritaid.com).

**RACINE PTA COUNCIL SCHOLARSHIP**

All seniors enrolled to attend an accredited college or university in the fall of 2009 are eligible to apply for a **\$1,000.00 scholarship** from the Racine PTA Council. Applications must be completed by the student and postmarked no later than **March 7, 2009**. The scholarship recipients and two guests will be invited to attend the Annual PTA Council Banquet on April 27, 2009 at the Racine Marriott. Walden has had winners of this scholarship for the past 2 years, and we strongly encourage our students to apply. See Katie for an application.

**ADS FOR GRADS.....Joe Kane**

“ADS FOR GRADS” are photos and messages from parents to their graduating senior printed in the Walden Yearbook. Prices range from \$15.00-\$100.00 for a variety of sizes from 1/8 page to a full-page ad. Forms will be given to your senior at conferences. **Ads are due Dec. 1**. If you have any questions, please call Joe Kane at 664-6250.

**NOTE:** Senior pages are due **Monday, Nov. 26**

**2008-2009 ACT/SAT TESTING DATES**

ACT Test Date	Registration Deadline	Late Registration
Dec. 13	Nov. 7	Nov. 8-20
Feb. 7	Jan. 6	Jan. 7-16
April 4	Feb. 27	Feb 28-Mar 13
June 13	May 8	May 9-22

SAT Test Date	Registration Deadline	Late Registration
Dec. 6	Nov. 5	Nov. 18
Jan. 24	Dec. 26	Jan. 6
March 14	Feb. 10	Feb 24
May 2	March 31	April 9
June 6	May 5	May 15

**Register online** to take the ACT and SAT tests at:

**ACT:** [www.actstudent.org](http://www.actstudent.org)

**SAT:** [www.collegeboard.com](http://www.collegeboard.com)

The code for Walden is **501-919**.

**COLLEGE/SCHOLARSHIP WEBSITES**

There are many websites to search for information about colleges and scholarships. Go online to [Fastweb.com](http://Fastweb.com), [collegboard.com](http://collegboard.com), or [anycollege.net](http://anycollege.net). For financial aid information, try [finaid.org](http://finaid.org), or [fafsa.ed.gov](http://fafsa.ed.gov).

**BARNES & NOBLE BOOK FAIR**  
**Friday, Dec. 12, 9am to 11pm**

Do your Christmas shopping on **Dec 12<sup>th</sup>**, and help Walden earn money! You must present a Barnes & Noble/Walden III voucher at the register on **Dec. 12** and Walden will receive between 15-25% of the total sales generated. Tell your friends and co-workers to shop on **Dec. 12** – you can download extra vouchers at [www.waldeniii.org/pts](http://www.waldeniii.org/pts).

Here’s how you can help Walden on **Dec. 12<sup>th</sup>**:

- We need volunteers to gift wrap throughout the day Walden receives donations for our efforts\*
- Meet a friend for coffee, and get some holiday shopping done that benefits Walden. (Coffee purchases are not included in our earnings)
- Don’t sell friends an over-priced fundraising item – hand them a Barnes & Noble voucher! Good on any purchase *except* gift cards, memberships and café consumables.

**Double your money** – purchase Barnes & Noble **SCRIP** to use on **Dec. 12**, and Walden earns even more!

**\*Call Esther Holding at 639-1512 to volunteer.**

## LIBRARY

The **Scholastic Book Fair** will be held on Thursday, **Nov. 6 from 12:00-7:30 pm**, and Friday, **Nov. 7, 8:00-10:00 am** in front of the Main Office **during conferences**.

A large selection of great books will be available, including suggested reading for English classes. This is an important fundraiser for the Library, so please stop by during conferences and bring your checkbook or credit card!

## MUSIC DEPT.....Vanessa Marciniak

Our next fundraiser will be our **annual poinsettia sale**. Our poinsettias come from Milaeger's and come in three colors and four different sizes. New this year is the addition of **24" wreaths and hanging evergreen baskets**. The poinsettias are always beautiful and last a long time.

**Order forms** are included in this issue and are due back to Vanessa by **Tuesday, Nov. 18**.

They can be picked up at our Cocoa Concert **Thursday, Dec. 11**.

Poinsettias are a great gift idea and decorate your home or office nicely for the upcoming holiday season.

Support the Music Department at Walden and sell them to your family, friends, and neighbors!



### Cocoa Concert – Friday, December 7, 6:00-8:00 pm

The Cocoa Concert is our winter concert in the Walden gym. All orchestra, band, and choir students will be performing.

If you're a parent of one of our musicians, please consider **VOLUNTEERING** that night! We need people to:

- Set up the gym,
- Prepare and serve the hot cocoa,
- Run the silent auction (formerly the raffle),
- Cashier. We could use your help!

We would also appreciate your donations to the Silent Auction – large and small items or baskets are needed.

To volunteer, please call **Vanessa at 664-6250**.

Pam Veentra's daughter, Erin Mirabella will be in Racine to promote her latest book, ***Shawn Sheep the Soccer Star***. Second in a series of delightful children's books, Erin's stories teach timeless lessons like how to face one's fears and succeed, or how to be a good team player.

Erin has book signings at Barnes & Noble in Racine on **Nov. 1 from 11:00 am-1:00 pm**, and at the Barnes & Noble in Evanston, IL on **Nov. 3 at 10:30 am**.

For more information please visit [www.erinmirabella.com](http://www.erinmirabella.com)

## Dia De Los Muertos Exhibicion

Alex and his art students extend an open invitation to all to view their **Day of the Dead offerandas** during conferences.

Drawing on the Christian tradition of All Saints Day and Aztec cultural traditions, students have created altars to honor departed souls, which may be a relative, friend, or pet. The altars attract the souls of departed loved ones with displays of favorite foods and other items that symbolize things that were important to them in life. Students also include written tributes. In this way, a family honors and remembers departed loved ones, provides them with nourishment, and then sends them on their way.

The exhibit will be on display in **Alex's Art Room #322** in the West Wing during conferences.

## High School Field Trips

Walden's Green School principles and the new Outdoor Classroom inspired our staff to schedule a high school field trip each month that would feature recreational activities and entertainment options available in our own back yard. First in the series was a field trip to Parkside in October. Students selected four activities from a variety of options such as water science, photography, GPS, kickball, theatre exercises, hiking, a R.O.P.E.S course, and disc golf. The day was spent with outdoor physical activity, and students found the R.O.P.E.S. course challenging and fun.

The Walden PTSA purchased the discs used for disc golf, and they will become a permanent part of the Phy. Ed. equipment used here at Walden.

Plans and permission slips for a November field trip will be announced in the NOW, Walden's email newsletter.

## ACCIDENTS AND THE NEW DRIVER

A new driver in the house is an anxious time for parents.

Prepare your new driver on how to respond in the event of an accident with the following tips:

- Tell new drivers to move the car out of the way of traffic if they are involved in a collision.
- They should know where registration and insurance documents are located.
- Instruct them to get the name, address, phone number, license number and insurance details from others involved in an accident, including witnesses.
- Insist that new drivers cooperate with police, but emphasize that they should *never volunteer fault*.
- Make sure all family vehicles are equipped with an "accident kit", including pen, paper and perhaps a disposable camera.

You can get more information and helpful tips online at <http://www.teendriving.com/weather.htm> or [http://askpatty.typepad.com/ask\\_patty/2007/07/tips-for-new-dr.html](http://askpatty.typepad.com/ask_patty/2007/07/tips-for-new-dr.html)

# WALDEN III CLUBS & ACTIVITIES

*For a complete listing, pick up a Student Activity Guide from the Office or from the PTSA*

## WALDEN OUTDOOR CLASSROOM

The idea for an Outdoor Classroom took root when a Walden student wrote to the Mayor and asked if something could be done with the park that borders our school to the west. Upon learning that the tennis court was scheduled to be removed in 2009, students sent a letter of request to the City Council asking to use the space. A student committee drew up a plan for a garden and made a presentation to the Parks & Rec department, pledging to build the Outdoor Classroom at no cost to the school district. Their proposal was so impressive it won a unanimous vote and a round of applause! Alderman Jeff Coe added his support to our efforts and things began to move very quickly.

Walden students contracted with **Macemon & Sons**, to remove the tennis court, as well as the street, curb, sidewalk, and gutter that was buried beneath it. Macemon donated a portion of their fee, and **Oakes & Son** donated soil to fill in the depression. Because of their generosity, the cost of this work came in well below normal fees. The **City of Racine** has contributed the funding for the majority of the work done so far, and Walden students will fund raise to cover the remaining costs.

Walden senior **Lizzie Fletcher** is submitting a grant to the Johnson Foundation requesting funds to cover general costs including plants, compost, and construction. Numerous other grants are also being pursued.

Students have consulted with native plant expert **Nan Calvert**, president of the Wild Ones, and **Kate Field**, a horticultural teacher from Gateway, to formalize the design of the garden. Plans call for a rain garden, which will be paid for with a grant from Root-Pike Win; a prairie, a fauna and butterfly garden, and a meditation garden.

## MIDDLE SCHOOL VOLLEY BALL

Intramural volleyball for Middle School boys and girls begins on **Monday, Oct 27** and runs 4 weeks. 8<sup>th</sup> graders practice from 2:30-3:30 on Mon. and Wed., and 6<sup>th</sup> and 7<sup>th</sup> graders practice on Tues/Thurs. Extramural games follow, and run through **Dec 18**. See Sue or Sam for more info.

**The Forensics Team** has begun to prepare for a rigorous competition season. For the first time, Walden III will be the only high school represented in the “mock” trial competition. Combined, both competitive teams comprise nearly 22 students in grades 9-12. More students with an interest in developing good speaking or acting skills are encouraged to see Michael and join.

## ACADEMIC DECATHLON.....Tom Feeney

The United States Academic Decathlon LOCAL COMPETITION this year will take place Monday, November 10<sup>th</sup>, probably at Racine Gateway. The Walden III USAD team coached by Thomas Feeney will consist of two “teams” competing at three levels and consisting of the following **Walden Superheroes**:

**Honors:** *Seniors:* Sam Braun; Armand Grabowski;  
*Juniors:* Sabrine Ali; Rachel Pettit.

**Scholastic:** *Juniors:* Erik Sahakian-Fiegel; A.J. Stibbe;  
Beau Wishner; *Sophomores:* Lucas Breit-Nicholson;  
Caracal Keithrafferty; Chris Roberts;

**Varsity:** *Seniors:* Kiefer Baker; Bill Justus; Theresa Schmidt; *Junior:* Jeremiah Jeffrey.

Walden has an outstanding record – we have advanced to the **REGIONAL COMPETITION** seven times in the last seven years and to **STATE COMPETITION** three times during the same period.

The three high-scoring individuals in each competition level will make up Walden’s nine-person team that advances to Regionals and State.

**GOOD LUCK!!!**

## SKI CLUB.....Annette Terselic

### *Walden’s Ski Club is warming up!*

We have already started fundraising by selling hot dogs at Open House, providing a basket at the Infusino Family Night, and hosting the October Market Day sales. All proceeds will go toward bus costs. Students interested in fundraising to pay their own skiing expenses may sell candy bars – see Annette to get started.

**COSTS:** The ski card is a one-time membership fee of \$15.00. Additional cost each trip will be \$15 for lift tickets, \$15 for rental, and \$15 for bus. Ski cards are available only to students skiing with our group and taking the bus with us. They can be used for discounts at Alpine Valley on days that Ski Club is not skiing.

We will be sharing a bus with Case HS again this year. All pick-ups will be at Case HS around 10:00 pm. Waivers and permission slips will be out soon.

Families are welcome to join us on ski trips for the reduced fee of \$15.00 for both lift tickets and rental.

**THANK YOU to Macemon & Sons,  
A.W. Oaks & Sons, and the City of Racine  
for their generous support  
of our Outdoor Classroom**

# Barnes & Noble Bookfair Voucher Supporting

## WALDENPTSA

connecting parents,  
teachers, and students

### Walden III

Racine, Wisconsin

Simply present this voucher  
at the cash register at the  
time of purchase.

A percentage of the net  
sale will be donated to  
Walden III Middle & High School.

**MUST BE USED ON THIS DATE ONLY:**  
Friday, December 12th, 2008 from 9 am to 11 pm  
at the Racine Location ONLY.

#### OFFICE USE ONLY

Register #: ..... Transaction #: .....  
Amount of sale before tax less purchases of Gift  
Cards, Membership Cards, and Café consumables.  
\$ .....

**DINE IN!**  
This voucher  
may be used  
at the Deli &  
Coffee Shop!

\*THE FOLLOWING TRANSACTIONS ARE NOT INCLUDED IN BOOKFAIR  
TOTALS: THE PURCHASE OF GIFT CARDS, MEMBERSHIP CARDS,  
AND CAFÉ CONSUMABLES. NON-PROFIT AND BUSINESS ACCOUNT  
DISCOUNTS MAY NOT BE APPLIED TO BOOKFAIR PURCHASES.

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# FUNDRAISING

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# FUNDRAISING

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## WALDENPTSA

connecting parents,  
teachers, and students

# FUNDRAISING

# WALDEN HARVEST FOOD DRIVE

November 17 – November 26

**Goal:** To collect more than **500 boxes** of non-perishables and increase the **money donations by 20%**.  
The revised point system reflects the need to increase the quality of items donated.

## Monday, November 17 – Snack Day

Popcorn	Nuts	Trail mix	Cylinders of chips, pretzels, etc.
Cookies	Raisins	Snack crackers	Protein bars
Aluminum foil	Food wraps or containers	Other	

## Tuesday, November 18 – Lunch Day

Canned fruit	Soup	Mac & cheese	Canned vegetables	
Pickles	Ketchup	Mustard	Beans (canned or dried)	Other

## Wednesday, November 19 – Vegetarian/Vegan/Organic/Miscellaneous

Any type of ethnic rice or starch (Spanish rice, pilafs, barley, Mexican, etc.)

Refried beans	Salsa	Taco kits	Spices
Oriental noodles (Asian, Soba, etc.)	Laundry soap	Feminine hygiene products	
Household cleaning products	Dish soap	Other	

## Thursday, November 20 – “Super 6+” Day (Most requested quality items)

Canned fruit or vegetable	Baby food	Peanut butter (minimum size 8 oz.)	
Canned meat (beef stew, corned beef hash, etc.)		Tuna	Cooking spray or oil
Diapers/Pull-ups	Paper towels	Toilet paper	Other

## Friday, November 21 – “Holiday Basket” Day

Cranberry sauce	Stuffing mix	Instant Potatoes	Yams or sweet potatoes
Jell-O or Pudding	Cake mixes	Frosting	Canned fruit or vegetables
Boxed dinners (i.e. Hamburger Helper)			Other

## Monday, November 24 – Breakfast Day

Boxes/bags of cereal	Coffee or tea	Coffee creamer	Hot cereal mix (oatmeal, cream of wheat, etc.)	
Protein or cereal bars	Syrup	Pancake/waffle mix	Jelly, jam, or preserves	Other

## Tuesday, November 25 – Dinner Day or Two for Tuesday (all points double today)

Boxed or canned dinners	Soup, stew, chili	Canned meats
Spaghetti or other pasta	Canned fruit	Canned vegetables
Rice or instant potatoes	Dessert mixes	Other

## Wednesday, Nov. 26 – “Walk a Day in my Shoes” - \$\$\$ Day Middle vs High School

Skip the store or soda machine just once and donate that money during our final town meeting to celebrate the fruits of our labor.

### Point Values:

Dollars can be donated on any day. Each dollar is worth 2 points

Any organic foods receive 3 bonus points

Any vegetarian/vegan or gluten-free food receives 4 bonus points

3 bonus points each time the entire day's list is collected.

“Other” is any item not on a day's list, but is included on the point value list.

You always receive full point value for any item even if it is turned in on a different day

Point values are assigned according to the overall quality and need for each item, as suggested by the County Food Bank. Please donate quality items – would *you* eat this donated item? Dented cans or damaged boxes will not be accepted. Finally, remember that quality of the items is valued more than quantity of a single item. Please purchase containers appropriate for a single family.

# FOOD DRIVE POINT ALLOCATION

## **REMEMBER:**

- \$\$\$\$ donations are worth 2 points for every dollar,
- Collect every item on the list for a specific day more than once and earn 5 bonus points.

### **1 point items**

Ramen noodle packets (per 2)  
spices/herbs  
toothbrush/toothpaste  
paper towel (two rolls)  
soap (full size, two bars)  
household cleaners  
feminine hygiene products  
Zip lock bags  
dish soap  
toilet paper  
other items not listed

### **2 point items**

popcorn  
snacks in hard containers  
dried fruit  
nuts/trail mix  
raisins  
crackers  
ketchup  
mustard  
soy sauce  
cocoa/hot cider mix  
coffee/tea (instant/ground)  
pancake syrup  
cooking oil/sprays

### **3 points**

pickles  
olives  
noodles (Ramen, Asian bowl, Soba,)  
food wraps  
canned milk  
granola and other bars  
juice (per bottle or 3 boxes)  
Mac and cheese boxes  
cookie/cake/dessert mix  
frosting  
salsa  
diapers (every 4)

### **4 points**

laundry detergent  
soup/stew/chili  
protein bars  
jelly  
cereal (hot mixes or box)  
beans  
pancake/waffle mix  
canned fruit  
canned vegetable  
pasta  
Jell-O/pudding mix (per 2)

### **5 points**

potato or yams (canned or mix)  
rice  
stuffing mix  
pasta (any kind, regular size)  
cranberry sauce (regular size can)  
instant dinners (i.e., Hamburger Helper)  
tuna  
peanut butter (minimum size 8 oz.)  
canned meat  
baby food (per 2 small jars)  
powdered milk