

July 16th 2026

Dear Parent,

We are excited to present you **Food For Thought**, a customized, healthy lunch service for your family. Our program affords you the chance to pick specific items that your child enjoys while saving you the time of preparing a lunch. One of the most appreciated benefits of Food For Thought is flexibility – both in choice (variety) and in ordering frequency & timeframe.

Every weekday, our culinary team freshly prepares menu items that have been personally selected by you and their children. Upon scheduling meals, parents pre-pay online and receive email confirmation of their order. We carefully package, label and deliver each ordered meal to school at the designated time. Parents have the **flexibility of ordering far in advance, OR up to 48 hours in advance.**

We've been delighted to receive excellent feedback from both parents and our partner schools & camps. Among the reasons parents have expressed appreciation for Food For Thought:

- **Saves parents time and energy:** Whether they order FFT every day or even once a week, it may be a simple item checked off their to-do list.
- **A menu with variety:** Kids can be picky eaters. Our menu offers a wide range of (80+) items they may choose from.
- **Allergen awareness:** The FFT menu includes gluten-free items and also identifies allergens in each menu item.
- **We listen!** The FFT team is always open for constructive feedback from our client families and schools. We gladly consider new menu ideas and/or anything else that may help us support healthy youth and family habits.

We welcome you to visit & explore our website: www.FoodForThoughtCharleston.com

You may set up an account at no charge and familiarize yourself at your convenience. (You may no payment until you schedule your first order.) There are step-by-step instructions on each page pointing you in the right direction. We encourage you to sit with your child and view our menu, considering what items your child may most enjoy.

Feel free to contact us with questions. Thank you!

Regards,

Anja Stief

Food For Thought/ Dish and Design Catering

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