

Food For Children, winner of the Congressional Victory Against Hunger Award, takes an integrated approach to fighting hunger and advocating for a healthy lifestyle.



Food For Children



Three Main Objectives:

- 1) **Provide** healthy food for children and their families
- 2) **Educate** parents about how to prepare nutritious meals
- 3) **Encourage** a healthy lifestyle through exercise and activity

An Integrated Approach to Fighting Hunger

In addition to providing access to healthy food, Food For Children is designed to improve the overall health of its participants.

Farm-fresh fruits and vegetables form the basis of healthy meal planning.

- The paradox of the co-existence of hunger and obesity is related to a lack of access to fresh fruits and vegetables.
- We provide over 1 million pounds of fresh produce and basic staples a year.

Nutrition education provides the know-how to make healthy choices on a budget.

- Trained staff and volunteers offer healthy food tastings using seasonal produce. Parents learn about safe food handling, cooking techniques and nutrition.
- Meal plans, recipe cards, and nutrition pamphlets are available for parents to take home for their use.

Exercise and activity classes promote a healthy lifestyle.

- Trained staff and volunteers demonstrate fun and easy ways to fit exercise into busy lives like yoga, dance fitness, and walking.
- Families are taught about the importance of fitness to long-term health.
- Nutrition Ambassadors advocate for a healthy lifestyle within their community.

Did you know?

Malnourished children suffer twice as much from obesity, diabetes, and other nutrition related diseases than other children. A lifestyle that includes eating fruits and vegetables and regular exercise can help reverse this trend.



This year, Food For Children will:

- Provide food to 5,500 children per month
- Serve 2,400 families at 50 locations per month
- Distribute over 1,000,000 pounds of food

At no time is the need for food more worrisome than in childhood. Kids who are malnourished do poorly in school ... and in life.

Together, we can ensure children have adequate nutrition and make a profound impact on the next generation!

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