

Food For Children is a mobile food distribution that provides fresh fruits and vegetables and non-perishable foods, as well as basic nutrition tips and food tastings to support healthy lifestyles.



Food For Children



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.
- The program provides over 1 million pounds of produce and basic staples each year.

Nutrition education helps clients make healthy choices on a budget.

- Trained staff and volunteers offer healthy food tastings using seasonal produce.
- Recipes and nutrition tip cards are provided for parents to take home.

Exercise and physical activity demonstrations

- Trained staff and volunteers promote regular physical activity with fun and easy ways to fit exercise into busy lives.

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 having regular exercise will help reverse this.



This year, Food For Children will:

- Provide food to 5,000 children per month
- Serve 2,500 families at 49 locations per month
- Distribute over 1.2 million 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!

Contact Sarah Underwood, Director of Community Programs, 831-722-7110 x209 / sarah@thefoodbank.org