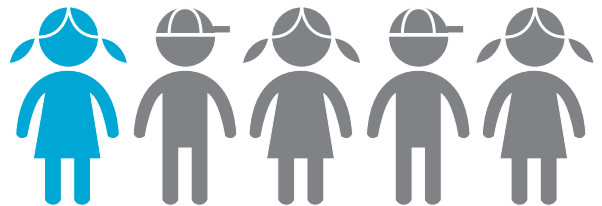


# houston**food**bank Child Programs

Approximately 60% of children in the Houston area rely on free and reduced lunch during the school year. Proper nutrition is vital to the growth and development of children. Children without proper nutrition have difficulties concentrating in school, tend to have more social issues, and are more prone to chronic illness that can hinder their growth and advancement. The Houston Food Bank has a variety of programs that equip children and their families with tools they need to be successful.

**1 in 5** CHILDREN is **FOOD INSECURE**  
in SE Texas



## Backpack Buddy

a houston**food**bank program

Many children rely on school meals for breakfast and lunch during the week but then have little to eat on the weekends. The Backpack Buddy Program works to **fill the weekend gap** for chronically hungry children by **providing nutritious, child-friendly food** for school children to take home over the weekend. **1.4 million meals** were provided through Backpack Buddy last fiscal year.

## houston**food**bank KidsCafe

Kids Cafe provides **healthy meals to low-income children** at after school enrichment sites; many of these children would otherwise have little or no food in the evening. **Participation can encourage academic success, health and wellness and physical activity.** **1 million meals** were provided through Kids Cafe last fiscal year.

## Nutrition Education

a houston**food**bank program

**Classes in nutrition, food safety, meal preparation and budgeting** are taught in collaboration with Food Bank partners by Houston Food Bank's team of dietitians and nutritionists. **6,717 people** participated in Nutrition Education classes last fiscal year.

## School Market

a houston**food**bank program

The School Market Program **alleviates child and teen hunger** in our community by **providing food to students and their families at middle and high schools.** School Markets are located on campus for easy access, with set distribution schedules. As an alternative, mobile markets bring food to campus on a truck with a large refrigerated trailer. **3.6 million meals** were provided through School Market last fiscal year.

## Teachers Aid

a houston**food**bank program

**Many children can't afford the most basic school supplies.** Without the proper tools to do the work, children are challenged to achieve academic success. Many compassionate **teachers pay for school supplies** from their own pockets so their students have a more productive, efficient learning experience. The **Teachers Aid program provides the supplies kids need to succeed.** **1.9 million pounds of supplies** were distributed through Teachers Aid last fiscal year.

houston**food**bank 

This institution is an equal opportunity provider.

*Our Mission: Food for better lives  
Our Vision: A world that doesn't need food banks*

**A gift of \$10 provides access to 30 meals for someone in the community.**