



PROGRAMS OVERVIEW

Feeding Kids

Nearly half of the people served by Feeding America San Diego are under the age of 18. To help fight hunger among San Diego's youth, the Feeding Kids programs help to distribute nutritious food items directly into the hands of local students. In addition to providing much needed food assistance, one primary goal of these programs is to raise awareness among families about the role that fresh fruits and vegetables play in a healthy, active lifestyle.

- **Farm2Kids Program:** provides three to five pounds of fresh and nutritious produce to more than 4,000 students per month. The program provides students in high-need areas with after-school distributions of fresh produce that they can take home to their families. On average, students receive an additional 15 servings of fruits and vegetables per month and are introduced to foods like spaghetti squash and bok choy as well as favorites like mango, watermelon and peaches.
- **Backpack Program:** offers school children staple food items over the weekend and school holidays when they do not have access to school-based free lunch and breakfast programs. Every Friday during the school year, 2,500 students at 20 different schools receive a brown-bag filled with nutritious and child-friendly food, including two to four servings of fruit and vegetables.
- **Soup for Supper Program:** serves middle school and high school students who may be reluctant to receive food assistance because of the stigma of poverty. The program delivers cans of hearty soup and crackers directly to school offices so that students can discreetly stop by the offices and place the cans of soup in their backpacks.
- **School Pantry Program:** allows parents to pick food up when they pick up their children from school – offering a cost savings in gas and time that their families desperately need. Thirteen pantries across the county are stocked with non-perishable items such as canned foods, crackers, nutrition bars and spaghetti.

Feeding Families

Feeding America San Diego helps to deliver food to neighborhoods that are high in poverty and often lack emergency food assistance.

- **Partner Program:** FASD works with 180+ partner agencies to ensure that healthy food is available to local non-profits operating food pantries, soup kitchens and shelters at little or no cost.
- **Mobile Pantry:** aims to feed San Diego families one mile at a time. In partnership with Ralph's and Kraft, the mobile pantry program delivers fresh produce, bread, dairy products, and other food and grocery items directly to those who would otherwise go without. The program serves both rural and urban communities where seniors and families often have limited access to wholesome food due to a lack of transportation and available resources and neighborhoods that have a high incidence of poverty, but relatively low levels of emergency food assistance available. FASD distributes more than 5 million pounds of food annually through the mobile pantry program, or 4.1 million meals.

Feeding Seniors

- **Senior Pilot Program** – is a unique pilot program that reaches seniors experiencing hunger in the City Heights and Escondido areas. The program organizes local high school volunteers to help provide approximately 120 seniors and disabled residents with hands-on assistance. Residents at two senior living facilities in the City Heights and one in Escondido receive fruits, vegetables, bread, and appropriate dry items like sugar-free and low-sodium items along with cereals, rice, beans, pastas, etc. on a monthly basis. The high school volunteers are serving their community and learning job skills through the Rady FACES program at Hoover High School.

For more information: www.Feedingamericasd.org/HowWeWork/FoodPrograms.