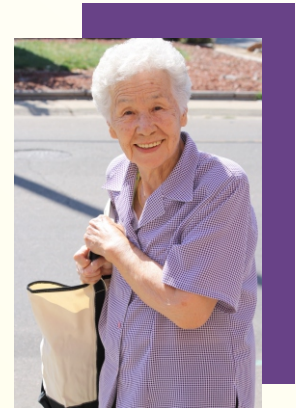




NUTRITION NETWORK

PROGRAMS FOR CHILDREN AND SENIORS

FBR's Nutrition Network was created in response to community hunger for our most vulnerable citizens, children and seniors. Seniors living on fixed incomes often struggle to afford daily nutrition, sometimes forced to choose to pay for medicine or rent and go without food. Children who lack proper nutrition can suffer from impaired cognitive development that could last a lifetime. The lack of adequate nutrition impacts physical, mental and social growth. FBR's Nutrition Network includes several programs to nourish these neighbors in need.



Seniors

Totes of Hope™- Seniors offers totes filled with food to help stock pantries of low-income seniors. Living on a fixed income can be difficult. Many seniors struggle to afford daily nutrition. That's why Food Bank of the Rockies launched this program in 2007. Totes are distributed at low-income senior high rises and give seniors the opportunity to have food when other resources are not available or accessible.

Children

Kids Cafe: In January 1994, Food Bank of the Rockies responded to the need for a meal program designed specifically for children at risk of hunger and launched its first Kids Cafe site at Rude Recreation Center with the support of the Denver Rustlers.

Thanks to the generosity of private contributors, the program has expanded to multiple locations in Metro Denver, Northern Colorado and the Western Slope. Food Bank of the Rockies has built alliances with recreation centers, schools, and organizations that provide facilities and sponsors who underwrite the costs of operating Kids Cafe.

After school, free hot meals are served in conjunction with existing child development programs. The availability of food enhances these programs' effectiveness and decreases disciplinary issues. Numerous studies show a direct correlation between nutritious meals and increased academic performance in children. Because Kids Cafe assures them a meal in a safe environment, children are able to focus, retain information and enjoy learning.



Through these efforts, we know children in need are receiving at least one balanced meal per day in a nurturing environment. Food donations and bulk purchasing make it possible to provide balanced meals which meet the USDA Child & Adult Care Food Program and the Summer Food Service Program standards. Program expansion is desperately needed, but subject to securing additional funding.

After School Snacks for Tutoring Program: The growing popularity of the Kids Cafe Meal Program brought with it many requests for additional sites in low income neighborhoods. Sadly, with limited resources, we're not yet able to grant those requests. As an alternative, the Snack Program was established, providing 100% fruit juice, milk, fruit, granola bars or whole grain snacks as mainstays. The free, healthy "treats" have attracted numerous sites, distributing tens of thousands of snacks each month, during the school year. There is a tremendous need to expand this program, and meeting that need will require securing additional private funding.

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Totes of Hope™- Children: An unexpected result of both the meal and snack programs was an abundance of valuable feedback from the greater Denver Metro area. While all complimentary in nature, the question was asked, "What about the poorest of these children on the weekends...., what do they eat then?"

Food Bank of the Rockies responded with Totes of Hope™ - Children through which the most severely food insecure children receive a backpack each Friday filled with nine to ten pounds of healthy, nonperishable food. Children, who otherwise might have to wait until Monday for a hearty meal, now have the security of knowing what's for dinner during the weekend. FBR has several sites serving children in some of the city's poorest areas; many more are on the waiting list. It costs less than a Cappuccino to fill these backpacks. This wonderful program alleviates hunger for several children, but for the many more who need our help, additional funding is desperately needed.



Although there are several other aspects to FBR's Nutrition Network's programs such as community outreach support, holiday special events, etc., meals, snacks and totes remain the backbone of our Nutrition Network. Providing food to thousands of children and seniors each year is our mission. We invite you to join us.

Detailed information about these programs for our most recent fiscal year can be found on our website, www.foodbankrockies.org.

If you're interested in alleviating hunger for children or seniors or would simply like more information about these wonderful programs, please contact our Nutrition Network Department, 303.371.9250.

