



# JOIN the FIGHT to END HUNGER

The Regional Food Bank of Oklahoma is leading the fight against hunger in 53 counties in central and western Oklahoma. Thanks to strong support from donors and partnerships with more than 1,300 community-based organizations including schools, the Regional Food Bank provides nutritious food to chronically hungry children, seniors living on fixed incomes and hardworking families struggling to make ends meet.

## Food for Kids

Ensuring children have the food they need to grow and thrive is the purpose behind the Food for Kids Programs that serve nearly 40,000 children.

Through the **Backpack Program**, elementary school students receive a backpack full of kid-friendly, non-perishable, nutritious food on Fridays to sustain them over weekends and school holidays. Nearly 20,000 students participating in the Backpack Program each week at more than 470 elementary schools.

Summer time means a break from school but it also means an added burden on families who rely upon the free or reduced meal plan for their children during the school year. The Regional Food Bank's **Summer Feeding Program** is the state's largest provider of summer meals, providing meals and snacks to any child up to 18 years old.

Through the **School Pantry Program**, chronically hungry middle and high school students can access food to sustain them after school and over the weekends thanks to the School Pantry Program.

The Regional Food Bank partners with after-school programs to provide meals and snacks through the **Kids Café Program** to ensure children are going home with full tummies.



For every \$1 donated, 96 cents is directly toward providing food assistance to **Oklahomans who are food insecure.**



**The Regional Food Bank is able to help provide four meals for every \$1 donated.**



**\$1 donated = 4 meals**



## Food for Seniors

One in 10 Oklahoman senior citizens are food insecure. With many living on incomes, too often seniors have to make the hard choice of paying for costs of purchasing food. The Regional Food Bank provides food assistance to more than 4,000 food-insecure seniors through targeted programs such as:

The **Commodity Supplemental Food Program (CSFP)** provides monthly boxes of nutritious food to low-income seniors in 35 counties. The boxes contain a variety of food such as pasta, canned meats, canned fruits and vegetables, cheese, milk, fruit juice and cereal.

The **Senior Pantry Program** gives residents monthly access to a fully stocked client-choice food pantry within their building, eliminating transportation barriers for older clients who are often disabled or have limited mobility. The pantries are tailored to the nutritional needs and food preferences of seniors living in smaller households.

The **Senior Servings Program** helps food insecure seniors to continue to live independently. Each week, Hope's Kitchen prepares balanced, nutritious meals that are flash frozen and then delivered every Friday to participating congregate meal sites and distributed to seniors who experience food insecurity over the weekend.



## Food for Communities

The Regional Food Bank works with community-based partner agencies to provide nutritious food to hardworking families struggling to make ends meet.

**Food & Resource Centers (FRCs)** are changing how the Regional Food Bank is providing food assistance to nearly 50,000 Oklahoma families who are insecure. To date, there are 15 FRCs in central and western Oklahoma. Offering extended hours and days of operation, each FRC is set-up like a small grocery store where clients can select the foods their families will eat and enjoy, including fresh produce. In addition, the FRCs are key to connecting many clients with resources that can help reduce or even eliminate food insecurity.

The Regional Food Bank also works with more than 300 community-based partner agencies in 53 counties to make sure families have the food they need to thrive. These agencies include public-access food pantries, shelters and soup kitchens and direct service agencies.

## Food for Health

The Regional Food Bank's Food for Health Program involves partnerships that increase access to healthy food for vulnerable populations. Partnerships with healthcare providers provide an opportunity to train health professionals to look for signs of food insecurity and provide food for on-site pantries and Healthy Living Boxes that contain nutritious shelf-stable food.

The **Healthy Pantry Certification Program** strives to build network knowledge in nutrition and understanding of how healthy and unhealthy food affects individuals living with food insecurity. It also helps to increase capacity to provide access to fresh fruits and vegetables and create a food pantry environment that encourages nutritious consumption in support of healthy lifestyles.



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