



An Oklahoma where no one goes hungry.



## Food for Kids

Ensuring children have the food they need to grow and thrive is the purpose behind the Food for Kids Programs.

Through the **Backpack Program**, elementary school students receive a backpack full of kid-friendly, nonperishable, nutritious food on Fridays to sustain them over the weekends and school holidays. Nearly 20,000 students participate 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 free 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 nutritious food at pantries on-site to sustain them after school and over the weekends.

The Regional Food Bank partners with after-school programs to provide meals and snacks through its **Kid's Cafe Program** to ensure children are going home with full tummies.

## Food for Communities

The Regional Food Bank works with more than 300 community-based partner agencies in 53 counties to ensure Oklahomans have the food they need to thrive. These partners include public-access food pantries, community meals partners and residential programs.

**Food Pantries** are local and independent organizations that provide food assistance and serve a specified geographical region.

**Community Meals Partners** provide snacks, packaged foods and prepared meals on-site, to-go or through delivery.

**Residential Programs** provide food as well as offer shelter or serve as a residential overnight facility for individuals. Food is provided through set meal times or through an on-site kitchen.



The Regional Food Bank helps provide three meals for every \$1 donated.





# Food for Seniors

Too many Oklahoma senior citizens live on fixed incomes and are forced to make the hard choice of paying for needed medicines or buying groceries. The Regional Food Bank provides food assistance to food-insecure seniors through several targeted programs:

The **Commodity Supplemental Food Program (CSFP)** provides monthly boxes of nutritious food to low-income seniors 60 years or older in 35 counties as a way to supplement their diets. The boxes contain USDA commodities such as pasta, canned meats, canned fruits and vegetables, cheese, shelf-stable milk, fruit juice and cereal.

The **Senior Pantry Program** gives residents access to a shopper-choice food pantry within their building, eliminating transportation barriers for residents living in the low-income housing complexes. The pantries offer shelf stable food, dairy, fresh produce and are tailored to the nutritional needs and food preferences of seniors living in smaller households.

The **Senior Servings Program** helps food insecure seniors continue to live independently. Volunteers in the Regional Food Bank's production kitchen, Hope's Kitchen, help prepare and package healthy meals that are flash frozen and then delivered to pantries serving seniors with limitations in physical mobility that may make preparing meals difficult or impossible. The frozen meals can be reheated in a microwave or oven.



# Food for Health

The Regional Food Bank's Food for Health Program involves partnerships that increase access to healthy food for vulnerable populations.

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

Through **Healthcare Partnerships**, the Regional Food Bank is working with hospitals, clinics, community health centers and mobile markets to address negative health outcomes affected by food insecurity. Through screenings, patients identified as food insecure receive immediate food assistance from on-site pantries and connected with additional resources for future needs.

The **Community Access Program (CAP)** partners with hunger prevention organizations addressing social determinants of health, such as housing, access to medical care and case management. This program allows these organizations to increase the impact of their services by immediately addressing food insecurity through the CAP food boxes as well as linking families to sustainable food access through SNAP application assistance and community food pantries.

