



NATIONALLY
SPONSORED BY



OUR IMPACT

Since 1993*, Operation Frontline has conducted 4,362 classes and taught 51,727 low-income families.

In 2008**, Operation Frontline served more families and taught more classes than ever before:

- Held 515 classes at 342 host sites.
- Taught 6,204 low-income families.
- Engaged 713 volunteer instructors.
- Graduated 80 percent of participants.

WHAT PEOPLE ARE SAYING

“I think that the *Kids Up Front* program will make our nation a healthier place, if only every kid could take the class.”

— *Kids Up Front* graduate,
Operation Frontline, Boston, Mass.

“Operation Frontline does what few community programs do: We connect with the people we serve, treat them with dignity, and foster trust and a real interest in proper nutrition. And we see the results of our efforts.”

— Joseph Mora, volunteer chef-instructor,
Washington, D.C.

ENDING CHILDHOOD HUNGER BY GETTING THE MOST OUT OF MEALS

Share Our Strength's Operation Frontline®, nationally sponsored by the ConAgra Foods® Foundation, is celebrating 15 years of groundbreaking nutrition education. Operation Frontline's collaborative program model connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget.

Professional chefs and nutritionists volunteer their time and expertise to lead hands-on courses that show adults, teens and kids how to purchase and prepare nutritious foods in healthful, safe and tasty ways. This can mean the difference between feeding families just for one night and making sure they have the knowledge, skills and resources to prepare healthy meals for a lifetime.

OUR PROGRAM

Since 1993, Operation Frontline and its hundreds of volunteer instructors have conducted more than 4,300 cooking-centered nutrition and financial-planning courses, and helped more than 51,500 low-income families* in communities across the country learn how to eat better for less. The program is distinguished by its engaging chef-led courses for the whole family, proven results, and sustainable collaborative model that involves local partner organizations with broad community reach and community agencies that host courses in their facilities. Operation Frontline has also received special recognition from the U.S. Department of Agriculture for excellence in nutrition education.

Each of Operation Frontline's specialized nutrition curricula teaches hands-on meal preparation, practical nutrition information, and food budgeting skills. All participants receive recipes and take-home materials from the day's lessons, and adult and teen participants take home a bag of groceries each week to practice what they have learned.

Operation Frontline's courses are designed to run for six weekly, two-hour lessons:

- 1. EATING RIGHT**, offered in English and Spanish, teaches low-income adults how to prepare and shop for healthy meals on a limited budget. This program is often paired with Start By Eating Right, an addendum for adults with children under 5. A second addendum for individuals living with HIV/AIDS and their caretakers will be available in 2010. More than 70 percent of Eating Right participants said they eat more fruits, vegetables and whole grains after the course than before.
- 2. THE POWER OF EATING RIGHT** teaches teens how to make healthy food choices, and prepare healthy meals and snacks. Nearly 75 percent of graduates said they eat more fruit and 54 percent said they eat more vegetables after taking the course.

* Through August 31, 2008

** September 1, 2007 through August 31, 2008



OPERATION FRONTLINE HELPS END CHILDHOOD HUNGER

Operation Frontline provides knowledge and skills that help ensure kids at risk of hunger have healthy foods where they live, learn and play:

- **Operation Frontline's goal is to help families with limited resources make healthy meals at home, using a wide variety of foods that are commonly available in stores and from emergency food providers.**
- **Instructors teach lifelong cooking skills, practical nutrition information, and food budgeting strategies that participants can use right away and take into the future.**
- **Adult and teen participants receive a bag of groceries at the end of each class to practice the lessons they've learned at home.**
- **All courses promote making the healthiest food choices possible with limited resources.**
- **Courses include information on available federal, state and local assistance programs.**
- **Operation Frontline classes are popular with after-school, summer food, Head Start and WIC programs.**

- 3. KIDS UP FRONT** teaches kids aged 8 to 12 about healthy eating, how healthy eating affects their performance, and how to make easy, nutritious foods at home. Nearly 90 percent of participants learned at least one new thing about cooking.
- 4. SIDE BY SIDE** teaches school-age children and their parents about healthy eating and the importance of eating together as a family. Ninety-three percent of children said they were excited to cook with their parents and 99 percent of adults would recommend the class to other families.
- 5. STEP UP TO EATING RIGHT** teaches teen parents how to make healthy food choices and prepare nutritious foods for themselves and their babies. Graduates increased their use of Nutrition Facts labels when they shop and chose healthier foods like low-fat milk and whole grains.
- 6. SAVING SMART, SPENDING SMART** teaches low-income families about basic household budgeting, banking, credit, and wise food-shopping practices. Sixty-seven percent started a savings plan and nearly 40 percent started planning a family budget.

WHY FOCUS ON CHILDHOOD HUNGER?

In the world's wealthiest nation, no child should grow up hungry. Over the course of a year, more than 12 million children in America will worry about when their next meal will come. That's one in six with limited or uncertain access to the nutritious foods they need to thrive.

Poverty is complex; feeding a child is not. Despite the good efforts of governments, private groups and everyday Americans, too many children lack daily access to the nutritious meals they need to live active, healthy lives. Through dedicated, committed volunteers and community organizations, Share Our Strength finds childhood hunger where it hides and works to end it.

HOW WE WILL END CHILDHOOD HUNGER

Share Our Strength helps close gaps between nutritious food programs and families in need. We developed a national plan to end childhood hunger, **Share Our Strength's Operation No Kid Hungry™**, which finds ways to feed the hungry in our communities, funds the most effective anti-hunger organizations in each state, and makes the most of state, federal, and local resources.

Through Operation No Kid Hungry, Share Our Strength funds hundreds of the most successful anti-hunger organizations in the country, and builds partnerships one state at a time. Currently we have partnerships in four states: Washington, Florida, Maryland and the District of Columbia. In each state, we develop a plan to end childhood hunger that takes into account local resources and needs.

WE ARE SHARE OUR STRENGTH WE CONNECT FAMILIES WITH FOOD

Everyone has a strength, and everyone has something to share. Chefs, companies, volunteers and everyday Americans that care.

It's time to roll up our sleeves and put an end to childhood hunger.

OperationFrontline.org