



A Member of Feeding America

## Children's Programs Fact Sheet

There are more than 187,000 food-insecure children living in the Dallas metropolitan area- more than one out of every four children – that do not have access to adequate, nutritious meals on a regular basis. Research shows that hungry children have poorer mental health and overall health, miss more days of school, suffer greater rates of behavioral disorders and are less prepared to learn when they are in school. Nearly half of the funding for our programs is dedicated to services for feeding children. Children receive nutritious food from the North Texas Food Bank (NTFB) and our Member Agencies through the following programs:

**Food 4 Kids** supplies participating schools with nutritious, kid-friendly, self-serve food designed to fill a backpack and feed a child over the weekend during the school year. Children identified by school personnel as being at risk of hunger receive approximately four pounds of food in their backpacks each Friday. On Monday, children return the empty backpacks and they are refilled for the next Friday. In 2011, the program has grown to 330 schools and distributes up to 12,000 Food 4 Kids backpacks every week. The cost of a backpack is a little over \$5.

**Kids Cafe** provide nutritious evening meals at after school programs to children who participate in their school's free or reduced priced breakfast and lunch programs but may not otherwise receive a third meal at home. Kids Cafe is the most expansive child-feeding program in the nation. NTFB provides meals to 1,500 children every week at Kids Cafes.

**Kids Cafe Summer Backpacks** were distributed to our Kids Cafe sites for the first time during the summer of 2010. The project was started with the hope of reducing the amount of children which are left to fend for themselves over the weekend and possibly go hungry. Through this effort 8,778 backpacks were distributed over 8 weeks, which is equivalent to 35,112 meals to more than 1,500 children.

*Filling Tables, Improving Lives*

[ntfb.org](http://ntfb.org)

\*Represents Fiscal Year 2011; July 1, 2010- June 30, 2011

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