

2017

*Youth and Family Initiatives
Program Report*



Good Shepherd
FOOD BANK OF MAINE

Program Overview

One in five Maine children faces food insecurity, meaning they don't always know where their next meal will come from or if it will be enough. Many of these children rely on free and reduced-price meals through the National School Lunch Program to get them through the school day hunger-free. Good Shepherd Food Bank's Child Hunger Programs focus on meeting families' nutritional needs during the times children are most likely to experience hunger: weekends, vacations, after school and in the summer.

The Backpack Program discreetly distributes pre-packed bags of healthy, easy-to-prepare, shelf-stable food before weekends and long vacations for children to bring home. The School Pantry Program also makes food available to families through schools, but families are able to choose from a variety of shelf-stable and fresh options either in a standing pantry space or at regularly scheduled distribution events. Kids Café Program sites provide highly nutritious, kid-friendly snacks and meals paired with monthly nutrition education classes and afterschool enrichment programs. Collectively, Child Hunger Programs reached over 8,000 children with more than 700,000 meals during the 2016–2017 school year.



Learning More about the Families We Serve

The mission of Good Shepherd Food Bank's Child Hunger Programs is to increase food security and help stabilize lives by making nutritious food available, at the right place at the right time, through trusted adults. At the end of the 2016–2017 school year, we sent surveys statewide to participants to assess program effectiveness and to learn more about their continued challenges and needs.

We learned that 30–40 percent of our school-based program participants have never used their community food pantries, citing that they did not know where the pantry was located or how to obtain services, or the local pantry's operating hours were not open enough for them to access. The ability for families to access enough nutritious food is even more complex: over 30 percent need to travel 25 minutes or more to get to a fully stocked grocery store. Currently, 70 percent of participants access their School Pantry at least

once per month, and 40 percent would like to receive food even more frequently. The single food item that participants reported wanting more of through either School Pantry or Backpack programs was fresh produce.

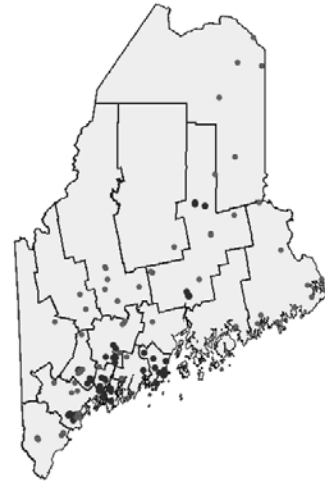
Over 70 percent of respondents agreed or strongly agreed when asked if our school-based programs reduced their family's anxiety about having enough food, helped to stretch food budgets, and/or improved access to nutrition.

"The day of our first produce distribution, we had three items to pick from. This one student very quietly took some of everything. When she got back to her classroom she started crying. Her teacher asked what was wrong. She said her family had no food in their house, and now they would have lettuce, mushrooms, and summer squash for supper."

Growing Community Partnerships

Since beginning seven years ago, Good Shepherd Food Bank's Child Hunger Programs have grown from reaching 40 students at one Backpack Program pilot school to serving over 8,000 children through 157 community partnerships. During the 2016–2017 school year, we were able to host a Child Hunger Corps Member from Feeding America to look specifically at how we could expand afterschool meals in Maine. As a result of that work, we nearly tripled the impact of our Kids Café program, expanding from four sites to 14.

Growth of our programs to date has been driven by a Statewide Needs Assessment completed in 2013, which created a list of high priority K-12 schools for partnership based on free and reduced-price lunch rates, food desert data, and local pantry accessibility information. In 2016 we partnered with Maine Campus Compact to complete a similar needs assessment for Maine's colleges. A survey screening for food insecurity was distributed on Maine campuses statewide, and the information collected will be aggregated along with community data to guide the expansion of our successful College Campus Pantry pilot at Southern Maine Community College.



2017 List of Partners by County***

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|---|---------------------------------------|---|------------------------------------|
| Androscoggin | Portland High (SP) | Prescott Memorial (BP) | Sagadahoc |
| Boys & Girls Club Lewiston Auburn (KC) | Presumpscot Elementary (SP) | RSU 3 Pre K (BP) | Bowdoin Central (BP) |
| Durham Elementary (BP) | REAL School (SP) | Salvation Army Supper Club (KC) | Bowdoinham Community (BP) |
| Edward Little High (SP) | Reiche Elementary (SP) | South School (BP) | Dike-Newell Elementary (BP) |
| Elm Street School (SP) | Riverton Elementary (SP) | St. George (BP) | Fisher-Mitchell Elementary (BP) |
| Franklin Alternative (SP) | Sacarappa Elementary (BP) | Thomaston Grammar (BP) | Mt. Ararat Middle (BP) |
| Governor James B. Longley Elementary (SP) | Seeds of Independence (BP) | Union Elementary (BP) | Phippsburg Elementary (BP) |
| Lisbon Community (BP) | Skillin Elementary (BP) | Warren Community (BP) | West Bath Elementary (BP) |
| Margaret Murphy Center For Children (SP) | Southern Maine Community College (SP) | | Williams-Cone (BP) |
| Montello Elementary (SP) | Westbrook High School (SP) | Lincoln | Woodside Elementary (BP) |
| Park Avenue (BP) | | Healthy Lincoln County (SG) | Somerset |
| PW Sugg Middle (BP) | Franklin | Miller School (BP) | Carrabec Community (SP) |
| Sherwood Heights Elementary School (SP) | WG Mallet Elementary (SP) | Wiscasset Elementary (BP) | Madison Middle (SP) |
| Spruce Mountain Primary School (SP) | Hancock | Wiscasset Middle & High (SP) | Moscow Elementary (SP) |
| Tree Street Youth (KC) | Downeast YMCA (SG) | Oxford | Quimby Middle (SP) |
| Walton Elementary (SP) | Sumner Memorial High (SP) | Guy E Rowe Elementary (SP) | RSU 74 (SG) |
| Washburn Elementary (BP) | | Oxford School Age Child Care (KC) | Skowhegan Area Middle & High (SP) |
| Aroostook | Kennebec | Rumford Elementary (SP) | Somerset Valley Middle (SP) |
| Ashland District (SP) | Albert S. Hall Elementary (SP) | Penobscot | Solon Elementary (SP) |
| Caswell Public Schools (SG) | Alfond Youth Center (KC) (SG) | 14 th Street Elementary (BP) | Waldo |
| Katahdin Elementary (SP) | AOS 92 (SG) | Abraham Lincoln Elementary (BP) | Mt. View High (SP) |
| Limestone Community (SP) | Augusta Boys & Girls Club (KC) (SG) | Bangor Boys & Girls Club (SL) | Searsport Elementary (SP) |
| New Sweden Community Center (SP) | Carrie Ricker Elementary (SP) | Bangor Public Library (SL) | The Game Loft (KC) |
| Southern Aroostook Community (SP) | Chelsea Elementary (SP) | Bangor YMCA (SL) | RSU 3 (SG) |
| Van Buren District (SP) | Farrington Elementary (BP) | Brewer Housing Authority (SL) | Washington |
| Cumberland | Gardiner High School (BP) | Downeast Elementary (BP) | Beatrice Rafferty Elementary (SP) |
| Bayside Learning Community (SP) | Gardiner Regional Middle School (BP) | Ella P. Burr Elementary (SP) | East Grand School (SP) |
| Boys & Girls Club Portland (KC) | George J. Mitchell Elementary (SP) | Fairmount Intermediate (BP) (SL) | Edmunds Consolidated (SP) |
| Boys & Girls Club Riverton (KC) | Helen Thompson Elementary (BP) | Granite Street Elementary (SP) | Fort Obrien Elementary (SP) |
| Boys & Girls Club Sagamore (KC) | Laura E. Richards Elementary (BP) | Indian Island Elementary (SP) | Indian Township Elementary (SP) |
| Boys & Girls Club South Portland (KC) | Pittston Consolidated Elementary (BP) | James F. Doughty (BP) | Jonesport Elementary (SP) |
| Canal Elementary (BP) | Riverview Community Elementary (BP) | Kingman Elementary (SP) | Lubec Community Outreach (KC) (SG) |
| Coffin Elementary (BP) | Sylvio J. Gilbert Elementary (BP) | Mary Snow Intermediate (BP) | Milbridge Elementary (SP) |
| Congin Elementary (BP) | Teresa C. Hamlin Elementary (BP) | Mattanawcook Jr High (SP) | Narraguagus High (SP) |
| Crooked River Alternative (SP) | Waterville Jr. High (SP) | MSAD 30 (SP) | Whiting Village (SP) |
| Deering High School (SP) | Waterville Sr. High (SP) | Opal Myrick Elementary (BP) | York County |
| East End Community (SP) | Knox | Ridge View Community (SP) | Fairfield Elementary (SP) |
| Harpwell Community (BP) | Camden Rockport Elementary (BP) | Rock Church (SL) | John F. Kennedy Kindergarten (SP) |
| Harriet Beecher Stowe Elementary (BP) | Cushing Elementary (BP) | Schenck High (BP) | Sanford School District (SP) |
| Kaler Elementary (SP) | Friendship Village Elementary (BP) | Stearns Jr/Sr High (BP) | Sanford YMCA (KC) |
| Lyman Moore Middle (SP) | Gilford Butler Primary (BP) | Vine Street Elementary (BP) | |
| MSAD 15 (SP) (SG) | Medomak Valley High (BP) | Piscataquis | |
| My Place Teen Center (KC) | Midcoast Child Development (BP) | Greenville School Department (SG) | |
| Ocean Avenue Elementary (BP) | Oceanside Middle (BP) | Milo Elementary (SP) | |
| | Owls Head Central (BP) | SeDoMoCha Schools (SG) | |
| | Penquis Pre-K (BP) | | |

*** SP – School Pantry Site, BP – Backpack Site, KC – Kids Café Site, SL – Summer Lunch Site, SG – Summer Mini Grant Partner

Strengthening Our Network

During the 2016–2017 school year, Feeding America released their 2017 Map the Meal Gap data. Childhood food insecurity in Maine went from one in four children to one in five. Although the number of food-insecure Mainers dipped slightly, for those who are still food insecure, the study found that the meal gap, or the difference between what they have and what they need, has grown significantly. This new research highlights the importance of growing our Child Hunger partners' capacity to meet the increased needs of the families they serve.

In 2017, we invested \$23,000 in 19 of our School Pantry and Kids Café partners to help them better serve their communities. Projects included:

- *Commercial dishwashers to make meal service expansion possible*
- *Transportation to offer children rides home from afterschool programs*
- *Staffing support for afterschool programs to run meal services*
- *Refrigeration for School Pantry sites to store and distribute more perishable products*
- *Shelving units for School Pantry sites to store and distribute more shelf-stable 'foods to encourage'*
- *Pop-up tables and promotional signage to support fruit and veggie giveaway events hosted by School Pantry partners*
- *Indoor gardening equipment to engage children in growing their own food year-round*

As a collective, partners receiving capacity-building grant funding distributed an additional 41,000 meals—35 percent more than the previous school year.

Increasing Access to Nutritious Food through Farm to School Pantry Partnerships

During the 2017 school year, Good Shepherd Food Bank's Child Hunger and Mainers Feeding Mainers programs teamed up to:

- *Purchase over 10,000 pounds of fresh, locally grown produce for direct 'Farm to School Pantry' distributions*
- *Purchase nearly 28,000 half gallons of milk sourced from Maine dairy farmers for distribution to families at 'Milk2MyPlate' pilot schools*
- *Connect nine schools in six counties to local foods and local food producers to help combat hunger*
- *Established plans to expand Farm to School Pantry or Milk2MyPlate pilots into nine additional schools in three additional counties in 2018*

"I wanted to tell you that my son was so impressed with the milk . . . that we were able to actually have milk. When I finally told him how we got the milk he said that he hoped we could get it again. I just want to say how grateful we are as family for all that we get from the food pantry. It is so helpful."

Leveraging Federal Child Nutrition Programs in Closing the Meal Gap

The Child and Adult Care Food Program (CACFP) At Risk and the Summer Food Service Program (SFSP) are federal child nutrition programs available after school and during summer programs to reimburse meals provided to children when National School Lunch and Breakfast programs are unavailable. Good Shepherd Food Bank aims to work with partners from the public and private sectors to increase the number of reimbursable meals served in Maine through CACFP At Risk and SFSP. These meals help shrink the meal gap that emergency food providers struggle to fill. In 2017 we worked with seven organizations in Bangor and Brewer to increase access to summer meals as an SFSP Sponsor. Over the summer break, GSFB-sponsored sites served more than 8,000 meals in the cities' most vulnerable communities—an increase of 46 percent over 2016.

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Additionally, we supported the growth of 11 SFSP Sponsors statewide through our summer grant program funded by Full Plates Full Potential. Sponsors participating in the 2016 grant cycle collectively increased meals served by 15 percent over 2015, compared to the flat growth rate of all sponsors during the same time frame. This investment resulted in the launch of nine new meal sites in six counties, accounting for an additional 10,000 meals served. Five additional grants were awarded to incentivize sponsors to host mid-summer 'Spike Events' as a strategy to ward off mid-summer participation dips at meal sites. Of the five grantees, three successfully maintained their early summer participation into the late summer and two actually saw an increase in participation during late summer after hosting their events.

In addition to increasing the number of Kids Café afterschool programs, our Child Hunger Corps Member successfully organized a CACFP At Risk Subcommittee within Full Plates Full Potential and led the way in designing a similar grant program for eligible afterschool programs to promote CACFP Sponsorship. This grant program will be released in 2018.

Looking Ahead to 2018

GSFB's Child Hunger and Mainer's Feeding Mainer's programs create a perfect opportunity to give low-income families greater ability to increase the amount of nutritious food in their diets. By piloting both Farm to School Pantry and Milk2MyPlate in 2017, we've seen the overwhelming success of connecting local schools to local farmers and investing in the local economy to support their partnership. During the 2018 school year, we will expand these investments into an additional nine communities, ensuring local families have easy access to local food and that local producers are compensated fairly for their goods and labor.

Having a Child Hunger Corps Member through Feeding America from 2015 to 2017 showed us the impact of a position dedicated to deepening our relationships with afterschool and summer programs for at-risk youth and conducting outreach for the federal reimbursement programs. During the 2018 school year we will add a permanent Afterschool and Summer Meals Coordinator to our Child Hunger team to continue this work and assist the Department of Education in their goal of increasing the number of CACFP Sponsors in Maine by 20 percent.

Finally, we look forward to completing our College Campus Needs Assessment and College Pantry Tool Kit in partnership with Maine Campus Compact as the first step in the expansion of our successful pilot partnership with the Captain's Cupboard at Southern Maine Community College.

Child Hunger Heroes

Thank you to the following partners who gave \$10,000 or more to support our efforts to end child hunger in Maine in 2017.



Bank of America.



ConAgra Foods
Food you love



TD Bank

shaws

Full Plates
Full Potential



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Charitable Foundation Inc



P&G

MORTON-KELLY
CHARITABLE TRUST



MCHPP



Bath Backpack Program

**P.W. Sprague
Memorial Foundation**

**Virginia Hodgkins
Somers Foundation**

Hudson Foundation

"Anyone who does anything to help a child in their life is a hero to me." – Fred Rogers