



## Healthy Food for Local Families

2010 – 2011 School Year

**Mission:** Our mission is to provide healthy foods to low income families, educating them on the importance of balanced nutrition, healthy eating habits and the impact it has on a child's development.

### Partners Include:

- Walmart Foundation
- Webster Family Foundation
- Network for Healthy California
- SLO County Department of Education
- SLO County Department of Social Services
- Local School Administrators – Staff - Family Volunteers

### 2010 – 2011 School Year Averages:

TIME FRAME	HOUSEHOLDS	INDIVIDUALS
MONTHLY	468	2,106
9 MO SCHOOL YR	4,212	18,954

### FACTS:

- A general distribution includes products such as enriched breads, cereals, canned goods, proteins, dried fruits and a wide variety of fresh fruits and vegetables
- In an effort to increase access to healthy foods, the majority of Healthy Foods for Local Families Sites conduct two distributions a month. This doubles the amount of fresh fruits and vegetables they will receive with their USDA product
- New efforts include work with the Youth Nutrition Education Program – University of CA Agriculture and Natural Resources Cooperative Education
- In an effort to continue impacting families served through the Healthy Food for Local Families, a summer feeding program was established called the Lovin' Lunchbox
- Efforts are in progress to increase outreach through both programs in the upcoming year