



Soup to Nuts

A Mid Coast Hunger Prevention Program newsletter

August 2017, Issue 32

Message from the Executive Director

MCHPP is focused on child hunger this August. As we begin the process of wrapping up the Summer Food Service Program and refocus on the Backpack program, the children of our community are on our minds.

Child hunger is a prevalent issue in our community. One in every five children in Maine is food insecure. That means that in each classroom there are four or five kids who are hungry.

We believe that every child in our community should have access to three nutritious meals per day, whether or not their parents or guardians can afford to purchase those meals. That is why we provide weekend and

evening meals through the Backpack Program, summer meals through the Summer Food Service Program, and everyday groceries through our Food Pantry.

It costs MCHPP around \$200,000 per year to feed the children in this community. I hope that you will join me in this effort and make a gift today to support families in need. You can do so with the enclosed envelope or by visiting mchpp.org/donate. Kids throughout mid-coast Maine need your help. Thank you in advance for your support.

-Sincerely,
Karen Parker



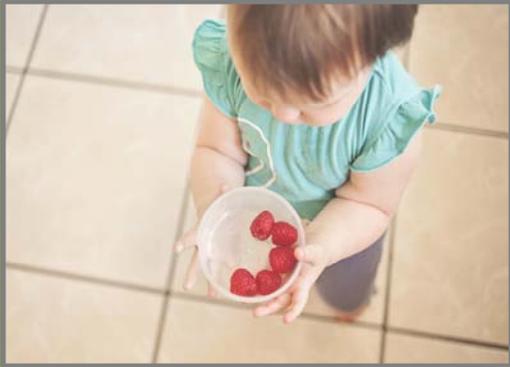
Daniel Suh, AmeriCorps Vista
Hannah Vilas, SFSP Coordinator (and carrot)
Karen Parker, Executive Director



www.mchpp.org
Email: info@mchpp.org
Phone: 207-725-2716

www.facebook.com/midcoasthungerpreventionprogram
www.twitter.com/midcoasthunger

Impact of Hunger on Children



Children who experience chronic food insecurity are more likely to:

- Repeat a grade in school
- Display social or behavioral issues
- Feel stigmatized or isolated from their peers
- Have chronic physical illness later in life

How does MCHPP Help?

Backpack Program

What: Dinners and weekend meals
When: The school year
How: MCHPP volunteers package and deliver groceries to schools. Schools distribute the groceries to students directly or through school-based pantries

Summer Food Service Program

What: Breakfasts, snacks, and lunches
When: Summer
How: MCHPP staff, volunteers, and partners prepare snacks and meals and serve them to children at nine different locations in the community.

Food Pantry

What: All meals
When: Year-round
How: Families visit MCHPP and collect groceries which they can bring home. Similar to your local grocery store, only smaller and free!

Did you know that MCHPP feeds over

1,200

children per year through these three programs?

Funding

Funds for these programs are generously contributed by foundations, the state of Maine, and donors like you.

2016-2017 Funding for Backpack, SFSP, and Pantry Programs



● Government ● Contributions ● Grants

Backpack Program: Bringing Home Measurable Results



We surveyed parents and students about their experience with the Backpack Program. Here are some of their responses:

Parents:

- 83% said the program helps their child eat more nutritious food
- 87% agree that the program helps them stretch their food budget

Nearly half of parents surveyed felt the program improved their child’s school achievement.

Students:

- 96% like getting their backpack
- 70% said they could fix the foods for themselves

83% of children reported that, with the backpack, they had enough food to eat over the weekend

Summer Meals for Year-Round Achievement

The Summer Lunch Program not only provides children with a secure source of food but with enrichment activities that allow them to continue practicing the skills they gained at school. Many students have what we teachers call “a summer slide”. This means that they lose some of what they have learned due to lack of practice.

Through the summer meals program, children can engage in mentally stimulating activities in an environment where they feel safe and their basic needs are met. In addition, they have caring adults who engage them both in conversations (especially the listening part!) and in play. Finally, they have a delicious, child-friendly, and healthy meal. Through the summer meals program, children - our greatest asset - are assured that they have a happy place to eat, converse, relax, and continue learning.

-Andrea Wilson, 3rd grade teacher at Harriet Beecher Stowe and SFSP site supervisor



Bowdoin College Maine Community Fellow, Latif, is a summer meals site supervisor



Food Pantry: Filling the Meal Gap

Income eligible clients who visit MCHPP’s Food Pantry have access to free groceries, including meat, produce, dairy products, bread, baked goods, and more. Last year, 34% of the clients served through the Food Pantry were age 18 or younger.

Families use the Food Pantry year-

round to help stretch their household budgets, but this becomes especially important in the summertime. According to Feeding America, a typical family spends an additional \$300 per month during the summer. For low income households, this gap would be very difficult to fill without access to the Food Pantry.

Save the Date for the 3rd Annual Harvest Dinner at Frontier!

We hope you will join us at Frontier on
Monday, November 6th
for a fun evening of delicious food for a worthy
cause. All proceeds benefit MCHPP.

Keep your eye on your mailbox this October for
more information!

Thank you to Frontier for their generous
support.

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Mid Coast Hunger Prevention Program
12 Tenney Way
Brunswick, ME 04011

