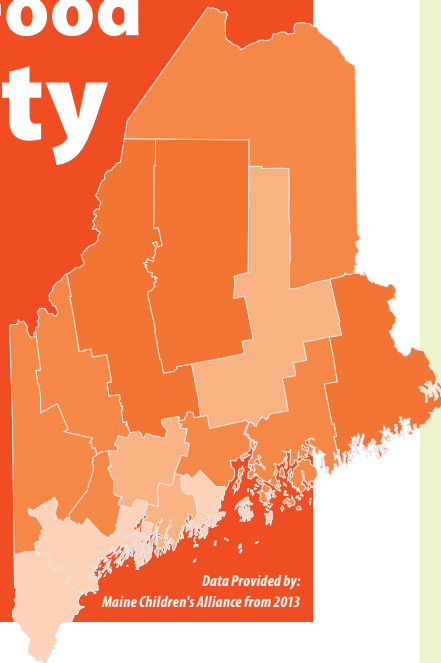


Childhood Food Insecurity

Definition: Children under age 18 living in households, where in the previous 12 months, there was an uncertainty of having, or an inability to acquire, enough food for all household members because of insufficient money or other resources.

- 20.6% to 22.0%
- 22.1% to 24.4%
- 24.5% to 26.5%
- 26.6% to 28.9%



Working Together

For nearly 80 years, United Way of Eastern Maine (UWEM) has worked in Hancock, Penobscot, Piscataquis, Waldo and Washington Counties to improve the lives of people in Eastern Maine by mobilizing the caring power of people and communities.

Basic Needs and Safety Net services have long been a priority of the United Way of Eastern Maine. We know that people are not able to function at their full potential unless their basic needs are met. For the past several years UWEM has been focused on Food Security and identifying ways we can address this pervasive need through initiatives such as the Pantry Project, Hancock County Food Drive and the National Association of Letter Carriers Food Drive. Last year these efforts alone raised over 150,000 pounds of food.

While addressing the immediate needs are critical, at UWEM, we are committed to supporting the comprehensive delivery of services to address the systemic issues associated with hunger and poverty. This is why we are leading efforts like the Service Enterprise Initiative to train food pantries, and other organizations, to build their capacity and better utilize skilled volunteers to achieve their mission; resulting in efficiencies, cost savings and increased ability to serve those in need.

For more information on our work or to enroll your organization in the Service Enterprise Initiative call us at 207-941-2800 or visit www.unitedwayem.org.

How can I help?

There are many ways to help. You can donate money. You can donate food. You can volunteer. For every dollar you give, Good Shepherd Food Bank can distribute 4 meals to people in Maine.

Visit **gsfb.org** for more ways to help end hunger in Maine



Feeding Kids

More than 60,000 children in Maine live in food insecure homes, meaning they don't have access to enough nutritious food to live a healthy life. That rate of child hunger – nearly 1 out of every 4 Maine kids – is the highest in all of New England.

The research is clear that children living in food insecure homes are less able to learn than their well-fed peers, are absent from school more frequently, have more behavioral problems in the classroom, and are more prone to health issues.

Good Shepherd Food Bank's Child Hunger Programs focus on meeting the nutritional needs of children during the times they are most likely to experience hunger – after school, weekends, school vacations, and during the summer.

BackPack Program

More than 80,000 Maine children qualify for free or reduced price meals through the National School Lunch Program. Good Shepherd Food Bank's Backpack Program provides children who are suffering the effects of chronic hunger with nutritious, easy-to-prepare food to eat during weekends and school vacations when those crucial school meals are unavailable. For just \$225 a year per student, we are able to provide at least one source of grain, fruit, vegetable, and protein through a variety of staple meal items, breakfast foods, and healthy snacks in discreet, resealable bags.

Kids Cafe

In 2011, Good Shepherd Food Bank launched a pilot partnership with My Place Teen Center in Westbrook to open up Maine's first Kids Cafe. The program not only provides kids with nutritious dinners every day after school, but also offers a safe place with adult supervision, so they can work on homework, learn about healthy life choices and nutrition, explore new interests, or just hang out with friends in a wholesome environment.

Since then, the Food Bank has brought on an additional 7 Kids Cafe sites in Oxford, Lewiston, Rockland, Belfast, Lubec, Augusta, and Waterville.

School Pantry

In many communities, the school serves as the hub for resources, so school-based food pantries are a natural way to expand hunger relief efforts and target vulnerable populations such as working families. Many sites operate Fresh Fruit & Veggie Giveaways open to the whole school community. Other sites have traditional pantries located in the school with either regular distribution hours or on-call access, based on the needs of the students and their families.

Summer Food Service Program

During the summer months, we work with the USDA's Summer Food Service Program in Bangor and Brewer to serve up freshly prepared meals that are both nutritious and delicious for FREE to children ages 18 and under. As part of the program, the Food Bank partners with volunteers and nonprofits from across the city to offer enrichment activities like gardening, nutrition, sports, and more.