



**“The kids really love the food. It has really helped us retain students in the after-school study hall program.”**

*D. Wambui Richardson, Supper Program Coordinator, National Academy Foundation High School*

**For more than 220,000 children and teens, going to bed hungry is too often a part of their daily routine. Free and reduced-price breakfasts and lunches help during the school day, but at home, they face empty cupboards.**

### Hungry Children ...

- Have trouble concentrating
- Have less energy for social interactions
- Are at high risk for developmental impairments
- Suffer long-term effects, such as poor health and lack of job readiness



With generous support from Giant Food, the Maryland Food Bank (MFB) launched MFB Kids™ in 2012 to help children and teens struggling with hunger. Alongside the School Pantry and Summer Club Programs, Supper Clubs ensure that a steady stream of nutritious food reaches children in school, after school, and out of school.

### When the Bell Rings

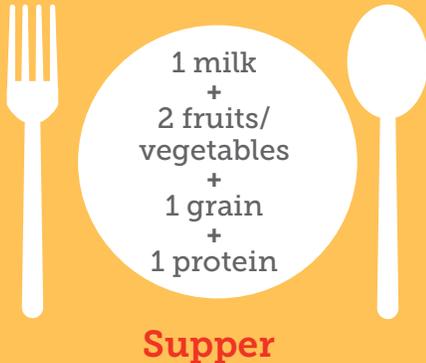
Without nutritious food at home, children come to school each morning tired and unable to concentrate. They find energy at lunch thanks to free and reduced-price meal programs, but begin the cycle anew every night, impeding their ability to learn and succeed long-term.

Supper Clubs offer a solution, engaging children in after-school enrichment activities such as tutoring, arts and crafts, and sports, while providing healthy meals. Supper Clubs are hosted by established

<b>Total Meals Consumed</b>	
FY 2017	244,234
<b>Total Number of Sites</b>	
FY 2017	49
<b>FY 2017 Sites by County</b>	
Anne Arundel	11
Baltimore City	12
Baltimore County	9
Dorchester County	2
Howard County	4
Somerset County	3
Talbot County	1
Wicomico County	7

## What's in a meal?

Supper Club meals follow strict nutritional guidelines developed by the U.S.D.A.



community organizations, such as YMCAs, Boys & Girls Clubs, and recreation centers — all of which are in or near schools with 50 percent or more participation in the Free and Reduced-Price Meal Program. Offering a safe space, friends, and fun, Supper Clubs keep kids healthy, happy, and engaged after school. With a full stomach and a good night's sleep, kids wake up fresh and ready to learn in the morning.

## Healthy Food, Kid-Approved

What sets MFB Supper Clubs apart from similar programs? Simple: our meals are prepared fresh daily by professional chefs and served hot to children in need. All MFB Kids meals follow strict nutritional guidelines mandated by the U.S. Department of Agriculture (U.S.D.A.), and include healthy, locally-sourced ingredients.

Supper Club meals are federally funded through the U.S.D.A.'s Child and Adult Care Food Program (CACFP). CACFP funding provides healthy meals and snacks to 3.3 million children. As a state-approved sponsor of the program, the Maryland Food Bank and all distribution sites serve meals free of charge.

## The Impact

- Steady stream of nutritious food
- Safe, familiar space
- Friends and fun, enriching activities



**Children arrive at school each day ready to grow, learn, and thrive**

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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