

# MFB Kids™

## ENDING CHILDHOOD HUNGER



*The Maryland Food Bank is committed to ensuring children receive the nutrition they need to learn. In addition to providing staple groceries to families at more than 1,250 distribution sites statewide, the food bank distributed enough food to provide nearly 4.1M meals to children last year through targeted programs in school, after school, and during the summer.*



In Maryland, one of the wealthiest states in the nation, **more than 220,000 children — or 1 in 6 kids** — are at risk of facing hunger. While hunger in every context is wrong, our inability to provide basic nutrition to children in such a prosperous state is inexcusable, and it must be made a priority.

### HUNGER'S IMPACT ON CHILD DEVELOPMENT

Numerous studies show that child hunger weakens the infrastructure of our society, limiting the academic, social, and economic development of one generation after another.

- Elementary school students from food-insecure homes have significantly lower mathematics scores and are more likely to have to repeat a grade.<sup>1</sup>
- Food-insecure households are more likely to report children as having developmental risks in areas like language, motor skills, and behavior.<sup>2</sup>
- In families that do not consistently get enough food to eat, children are more likely to have stomach aches, headaches, and other health problems.<sup>3</sup>
- Food-insecure children have more social and behavioral problems because they have less energy for complex social interactions and cannot adapt as effectively to environmental stress.<sup>4</sup>
- Food-insecure teenagers are twice as likely to be suspended from school.<sup>1</sup>
- Adults who experienced hunger as children are not as well prepared physically, mentally, or socially for the workforce.<sup>4</sup>

<sup>1</sup>Alaimo, K. et. al. (2001). Food insufficiency and American school-aged children's cognitive, academic, and psychosocial development. *Pediatrics* 108(1):44-53.

<sup>2</sup>Rose-Jacobs, R., M.M. Black, P.H. Casey, J.T. Cook, D.B. Cutts, M. Chilton, T. Heeren, S.M. Levenson, A.F. Meyers, D.A. Frank (2008). Household food insecurity: Associations with at-risk infant and toddler development. *Pediatrics* 121(1):65-72.

<sup>3</sup>Alaimo K., C.M. Olson, E.A. Frongillo Jr., R.R. Briefel (2001). Food insufficiency, family income, and health in US preschool and school-aged children. *Am J Pub Health* 91(5):781-786.

<sup>4</sup>Cook, J., K. Jeng (2009). Child food insecurity: The economic impact on our nation. *Feeding America*.



# kids



*"Kids will just shut down when they're hungry. They'll even tell you outright they're hungry, and you can see it impacting their learning, their behavior, their attendance."*

– Jeanette Gaither, guidance counselor at Sharp Leadenhall Elementary School



To help children grow, learn, and thrive, MFB Kids™ programs target children where they are and when they are most in need.

**School Pantry:** Our School Pantry Program is a partnership with local schools that allows food-insecure children and their families to access food assistance directly from their school. The goal of this program is to minimize hunger and malnutrition for low-income households, while also encouraging parents to take an active role in their child's education and development.

**Supper Clubs:** Our Supper Club Program provides children in underserved communities with a nutritious meal while they participate in after-school activities. By serving meals through existing after-school partners, this program ensures children have consistent access to healthy food in a safe, familiar setting that is free of stigma.

**Summer Clubs:** Our Summer Club Program provides breakfast and lunch for children who traditionally rely on their school's free and reduced-price school meals during the school year. Host sites for this program are located in low-income communities and include network partner agencies, schools, and community-based organizations.

MFB Kids™ distributed enough food to provide nearly **4.1 million** meals



### IN SCHOOL

**209**

School Pantries

**3.7** million meals distributed

### AFTER SCHOOL

**49**

Supper Club sites

**244,234** consumed in FY2017

### OUT OF SCHOOL

**57**

Summer Club sites

**113,628** consumed in summer 2017

### For more information, contact:

Baltimore Office  
2200 Halethorpe Farms Road  
Baltimore, MD 21227  
410.737.8282

Eastern Shore  
410.742.0050

Western Branch  
410.737.8282



[www.mdfoodbank.org](http://www.mdfoodbank.org)

