



**“The quality of food that’s being served this year is so much higher than that of our previous vendors’.”**

*Beahta Davis, Chief of Recreation Services in Baltimore County*

For most children, summer vacation can’t come soon enough. But for more than 205,000 Maryland children and teens, summer means time off from something else — free and reduced-price school meals they’ve come to rely on.

### 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

Without the structure of school, many low-income children also lose access to physical education programs and extracurricular activities. After a summer without adequate nutrition or physical activity, students return to school malnourished and unable to concentrate, creating an achievement gap that widens with each passing year.



### Bridging the Gap

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 Supper Club Programs, Summer Clubs ensure that a steady stream of nutritious food reaches children in need.

Summer Clubs are hosted by established community organizations, YMCAs, Boys & Girls Clubs, and recreation centers, at or near schools with 50 percent or more participation in the Free and Reduced-Price Meal Program. In between arts and crafts, sports, and other activities,

**What’s in a meal?**

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



1 milk  
+  
1 fruit/  
vegetable  
+  
1 grain



**Breakfast**



1 milk  
+  
2 fruits/  
vegetables  
+  
1 grain  
+  
1 protein



**Lunch**

"Partnering with the Maryland Food Bank has been nothing short of amazing. The kids we serve range from 6-17, and judging by the amount of food left on their plates – which is ZERO – the kids LOVE the meals!"

Vernon Bradford, Edgewood Boys & Girls Club

children receive nutritious breakfasts and lunches. Offering a safe space, friends, and fun, Summer Clubs ensure that kids can be kids during the summer months, growing strong and returning to school ready to learn and succeed.

## Healthy Food, Kid-Approved

What sets MFB Summer 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.D.A., and include healthy, locally-sourced ingredients.

Summer Club meals are federally funded through the U.S.D.A.'s Summer Food Service Program (SFSP). SFSP funding provides healthy meals to 3.8 million children. As a state-approved sponsor of the program, the Maryland Food Bank distributes all meals free of charge.

## The Impact

Steady stream of nutritious food

Safe, familiar space

Friends and fun, enriching activities



Children ready to grow, learn, and thrive

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- (1) mail: U.S. Department of Agriculture  
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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## For more information, contact:

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