



# FEEDING AND NUTRITION PROGRAMS AND SERVICES

Tarrant Area **FOOD BANK**

FIGHTING HUNGER IN 13 COUNTIES

FEEDING™  
A member of AMERICA

While the core program at Tarrant Area Food Bank is the collection and distribution of donated food to partner agencies, we also offer feeding and education programs to complement food distribution.

Enclosed in this booklet is information on all of Tarrant Area Food Bank’s programs and services.

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# Kids Cafe

To feed children who receive subsidized meals at school but cannot rely on a dinner at home, Tarrant Area Food Bank adopted Kids Cafe, a national program designed by Feeding America. This program ensures these kids will have a nutritious meal after school.

The organizations hosting Kids Cafes provide after-school mentoring, tutoring, physical education and instruction in life skills, work ethics and values. Tarrant Area Food Bank provides food, financial assistance and administrative support.

Kids Cafes work. A study by Brandeis University reported that two-thirds of children surveyed reported feeling better since going to Kids Cafes. More than half (55 percent) earned better grades, and 52 percent reported having more energy and less fatigue.

## BackPacks and SummerPacks for Kids

Weekends can mean hunger for children who depend on school or meals at summer care sites for their primary nutrition. Tarrant Area Food Bank helps with its BackPacks for Kids and SummerPacks for Kids programs, supplying packs filled with child-friendly, nonperishable food to these students.

Backpacks and SummerPacks are handed out to these children on Friday afternoons at their schools or summer care sites. The packs contain a week-end's worth of nutritious food for the students and their school-aged siblings.

**Kids Cafe, Backpack sites and SummerPack sites are strategically selected based on need (high rate of children eligible for free and reduced-cost meals), availability of resources and commitment from the distribution and feeding sites. Please contact our Child Feeding Programs Manager with questions: 817.332.9177 x153**



# Mobile Pantry

Like a market on wheels, the Mobile Pantry Program is a traveling pantry that delivers food directly to those who are hungry. Up to 20,000 pounds of food from Tarrant Area Food Bank's warehouse is loaded onto an 18-wheel truck and delivered to a host site. Tarrant Area Food Bank staff and host site volunteers unload, set up and distribute food directly to clients. The program is intended to serve between 300-500 families within a two-hour time frame. The setting may be outside like a farmer's market, or in a large space such as a gymnasium or community center.

**To schedule a mobile pantry at your site please contact TAFB's Community Liaison: 817.332.9177 x123**

## SNAP/ Food Stamp Outreach

Families and individuals who seek food aid from Partner Agencies of Tarrant Area Food Bank are often eligible for the national Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program. SNAP is a federal nutrition assistance program that helps low-income and temporarily unemployed people purchase nutritious foods.

Our Food Stamp/SNAP Outreach staff is available to conduct initial interviews for clients applying for the SNAP program. Also, the staff can help eligible families apply for the Children's Health Insurance Program, Medicaid and/or Temporary Assistance for Needy Families (TANF), and, upon request, deliver completed applications to the appropriate offices of the Health and Human Services Commission.

The outreach staff can also visit our Partner Agencies and other community sites to ensure that anyone who is eligible for SNAP is aware of the program and has the opportunity to apply for nutrition benefits.

**For Tarrant Area Food Bank Partner Agencies:  
To have our staff assist clients at your site, please contact our SNAP/Food Stamp Manager: 817.332.9177 x139**



# Community Gardens

The Community Garden program is still in its growing stages. This program is designed to support partners in creating community gardens to benefit those in need. Tarrant Area Food Bank also works with other community partners to develop a network that will provide resources and opportunities for collaboration and education to create sustainable community food systems. The goal is to increase access to fresh produce and provide nutrition education that will lead to overall improved community health and well-being.

The Community Garden program also sponsors an interactive Web site to give the community the opportunity to share information, network and support the growth of community gardens in our area - [communitygardensdfw.org](http://communitygardensdfw.org)

**For Tarrant Area Food Bank Partner Agencies: Please contact Tarrant Area Food Bank's Community Gardens Coordinator if you are interested in learning more about the program: 817.332.9177 x145**

## Cooking Matters™

Cooking Matters™, provided in partnership with Share Our Strength, is a cooking-based nutrition class. This innovative program provides a long-term solution to hunger and poor nutrition by demonstrating strategies to get the best nutrition possible on a limited budget.

The six-week, hands-on courses are taught in the kitchen by chefs and nutritionists who volunteer to teach nutrition, cooking, food-budgeting and shopping techniques. In addition to the hands-on education, adult and teen participants are provided with supplemental groceries at the end of class each week. This allows families to practice preparing the recipes at home and share them with their families. All participants also receive a workbook with class recipes and handouts.

Tarrant Area Food Bank offers the Cooking Matters™ program in collaboration with Partner Agencies that agree to host the classes and promote it to their clientele. A limited number of classes are also held at the Food Bank to ensure that this educational opportunity is available to all interested participants.

**For Tarrant Area Food Bank Partner Agencies:  
Please contact Tarrant Area Food Bank's Cooking Matters™  
Coordinator if you are interested in hosting a class for your  
clients: 817.332.9177 x107**



# ServSafe®

As required by Feeding America, all Tarrant Area Food Bank Partner Agencies must complete food safety training. ServSafe® Starters is a self-study course for pantries and ServSafe Essentials™ is for prepared meal and snack sites.

The ServSafe Starters Basic Food Safety program provides basic food-handling education and meets most counties' health department requirements for food handlers. Upon passing the short exam, a certificate of completion is awarded and remains valid for two years.

ServSafe Essentials is offered as a one-day workshop. A Food Protection Manager certificate valid for five years is awarded after successfully passing the exam.

**The ServSafe Starters booklet is mailed to the agencies annually. Please contact Tarrant Area Food Bank's Nutrition Manager for the ServSafe Essentials schedule: 817.332.9177 x122**

## Eat Smart, Live Strong

Eat Smart, Live Strong is designed to improve fruit and vegetable consumption and physical activity among 60 to 74-year-olds participating in or eligible for the USDA nutrition assistance programs. The Food and Nutrition Service developed the curriculum to help program providers and communities improve the health of the growing number of low-income older adults

## Loving Your Family, Feeding Their Future

This four-session program provides access to easy-to-understand nutrition information that is useful, relevant and reflects the *Dietary Guidelines for Americans* and *MyPyramid*. This curriculum focuses on how heads of households and their families can eat better and be more physically active by changing behaviors. The materials and discussions will help clients and their families stretch their food dollars, fix easy and tasty meals, eat healthier and become physically active.

**For Tarrant Area Food Bank Partner Agencies: Please contact Tarrant Area Food Bank's Food Nutrition Manager if you are interested in hosting a class for your clients: 817.332.9177 x122**



# Community Kitchen

Tarrant Area Food Bank's Community Kitchen utilizes surplus food to teach culinary skills to unemployed and underemployed adults seeking employment as cooks and chefs.

## **Community Kitchen students:**

- Receive hands-on instruction in culinary skills for 14 weeks from a professional chef.
- Complete two-week internships at hotels, hospitals, restaurants and other food services settings.
- Receive coaching in life skills, on-the-job behavior and job searches through a partnership with the Women's Center of Tarrant County.
- Have the opportunity to be hired for jobs with advancement possibilities and wages high enough to support a family.

## **Food for Culinary Training and Hungry Neighbors**

Tarrant Area Food Bank recovers surplus fresh and frozen foods from grocers, restaurants, hotels and convention centers to supply food for the training program. In addition, the Community Kitchen production staff and volunteers convert this recovered food into meals for hungry children and adults served by the Food Bank's 300+ partner agencies.

## **Benefits to the Community**

Meals prepared in the Community Kitchen make an immediate difference for community members in need of nutrition and, at the same time, empower the culinary arts students to escape the cycle of poverty and hunger.

These non-traditional students become remarkable learners and succeed not only in the culinary arts, but also acquire the necessary job and life skills needed to help them build self-esteem and to be more successful in the future.

## **For Tarrant Area Food Bank Partner Agencies:**

**Please contact the Community Kitchen Coordinator to learn how your clients can utilize the program: 817.332.9177 x144**





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