



# Child Care Resource

Uniting with our community to make early care & education work!

April 2017

Dear

Learning and growing is hard when you're hungry. With Child Care Resource's help, over 1,600 children and at-risk youth, who might otherwise go hungry, have nutritious meals at their community programs each day. **Please consider a donation today!**

Consider James – a 4 year old child who had experienced much trauma in his short life. When he first came to a local program we work with, he refused to eat, threw tantrums, and tried to take other children's food. With support from his teachers he gradually learned that he would have meals and get enough to eat every day at child care. He was then able to come to the table without a fight. After one month, James could eat calmly, take turns, and even save some food for a friend. Child care meals had supported both his physical and emotional development so he could learn and grow.

## A month of meals makes a big difference for children like James.

This year, we're counting on donors like you to help Child Care Resource continue to make meals for children like James possible. *Please support a month of meals with a generous donation today.*

### A Month of Meals Makes a Difference: How Many Children Will You Support?



Child care meals mean predictability and a full belly. With proper nutrition in place, children can grow and learn. *Please support Child Care Resource and children's nutrition this spring!*

In gratitude,

Alison Maynard,  
Board President, Child Care Resource



“ There are families that have less financial stability and may only be able to afford some of the nutritious food they need for home. Having these foods offered here gives parents peace of mind that their kids are getting healthy options. ”



“ I find that the children come in tired and hungry. Their behavior and moods and energy changes as they fill their bellies here. ”



“ If it wasn't for the food program funding through Child Care Resource, we wouldn't be able to provide meals and snacks for the kids in such a healthy way. ”

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Having the food program in preschool is such an incredible gift! Before the food program, when families brought their own lunches, some children had healthy choices and some had sugary junk. Some had plenty of food and some not enough consistently... ”



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Some of our parents and children are homeless and may not have the resources to get to the store all the time. ”



“

Keeping track of attendance and how much food children in the program eat, helps us to make sure there is always enough for everyone to have healthy food available. ”

- Quotes from program owners & staff

## By the numbers:

# How Child Care Resource Helps Community Programs Feed Children Every Day

Child Care Resource provides access to the Federal Child and Adult Care Food Program - a key source of support for nutritious meals and snacks for children and at-risk youth.

**107 = Number of community programs sponsored by CCR that receive:**

- Up-to-date nutrition tips and recipes at least monthly to plan nutritious meals.
- On-going technical assistance on this federal program's many requirements.
- A monthly meal check based upon our review of their detailed monthly records.

**1,615 = Number of children eating nutritious meals each month:**

- Children in participating programs eat up to three free, healthy meals every day they are there.
- Families learn about healthy eating practices to use at home.

**2/3 = Proportion of children from low-income families.**

- Child care meals save families time and money, increase food security and family health.
- Without these meals, children are likely to be living with hunger.

**\$3.75 = Per dollar return on donor investment:**

- For every dollar supporting Child Care Resource, \$3.75 in federal funding goes to programs feeding children.

**Please support our sponsorship with a generous donation this Spring!**



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

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