

# Houston Food Bank

■ *Helping Feed the Hungry*





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- Private, non-profit organization that feeds the hungry
  - 22 Years: Since March, 1982 > 290 million pounds of food and other essentials



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- Certified member of America's Second Harvest
  - 217 food banks across the country; Houston is one of the largest



# Houston Food Bank

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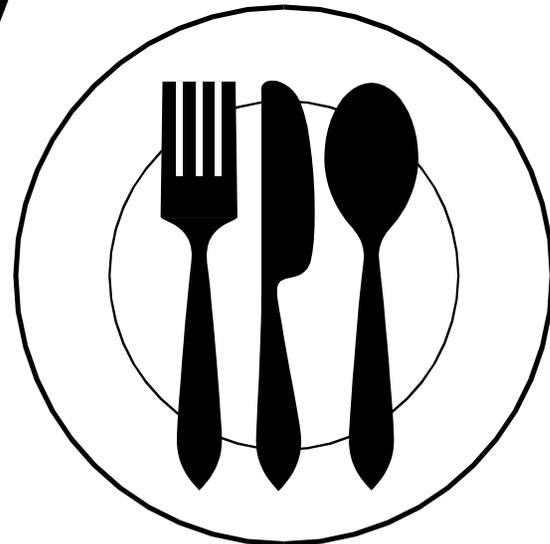
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- Last year 27 million pounds of food
  - >400 member programs; 18-county service area
  - Member agencies include: food pantries in churches and community centers, shelters for the homeless, safe havens for abused women and children, and nutrition programs for the elderly

# Houston Food Bank

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- This year: >30 million pounds of food, 2.5 million pounds/month
- ~ 65,000 meals/day

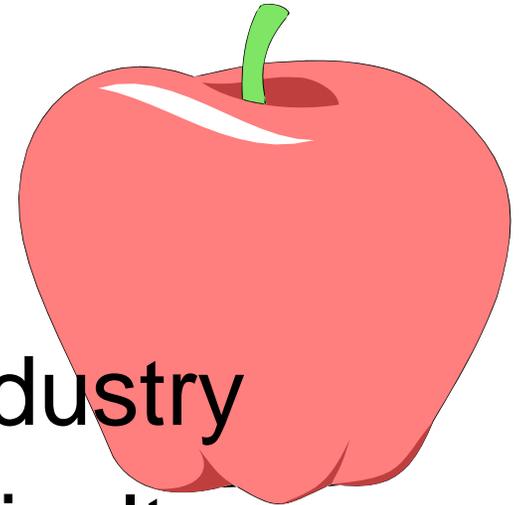


# Houston Food Bank

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## Produce:

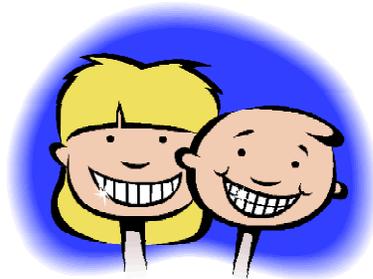
- Houston Fresh Fruit and Veg Association/Private Industry
- Texas Department of Agriculture
- 5 million pounds of nutritious produce annually; 100,000 lbs of produce/week



# Houston Food Bank

*Helping Feed the Hungry*

- People served



- 44% are children < 18 years old
- 16% are children < 5 years old
- 10% are elderly



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# Houston Food Bank

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## Volunteers

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- Volunteers are a vital part of our operation
  - Approximately 75% of the work done in our warehouse is done by volunteers
  - Last year > 100,000 hours were donated; 48 FTE's

# Houston Food Bank

*Helping Feed the Hungry*

It takes more than food to create a healthy, food-secure community; education is a vital tool!!

- Kids Cafe
- Community Kitchen
- Operation Frontline





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# Houston Food Bank

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*I tell you and you forget*

*I show you and you remember*

*I involve you and you understand*

*Chinese Proverb*

# Operation Frontline

It Takes More Than Food to  
Fight Hunger!





# ■ Operation Frontline

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What is Operation Frontline?

- 15 cities across the country
- National nutrition education program developed to address the root causes of hunger in America
- Promotes short- & long-term solutions to hunger

# ■ Operation Frontline

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How is this done?

- By mobilizing volunteer chefs and dietitians to teach participants cooking and nutrition skills they need to make healthy food choices on a low income budget
- 30 courses per year



**SOS**  
OPERATION  
FRONTLINE  
A SHARE OUR STRENGTH PROGRAM  
NATIONALLY SPONSORED  
BY TYSON FOODS, INC. 

# ■ Operation Frontline

Operation Frontline courses are four- to six-weeks in length and are taught at member agencies; such as church pantries, S.A. rehab centers, senior programs



# ■ Operation Frontline

## Five Courses Offered:

- Eating Right: Low-income adults
- Kids Up Front: At-risk children ages 8-12
- Side By Side: Parent and child
- The Power of Eating Right: Teens
- Saving Smart; Spending Smart

# ■ Operation Frontline

What does a class involve?

- Nutrition education
- Hands on healthy cooking/  
sharing and eating together at end of class
- Food budgeting
- Physical activity
- Food safety

A photograph of two women in a kitchen. The woman in the foreground, wearing a dark blue sweater and glasses, is pouring contents from a large metal colander into a pot on the stove. The woman behind her, wearing a white chef's coat, is smiling broadly. The kitchen has wooden cabinets and a white countertop.

**Health and  
Nutrition  
Education**

# ■ Operation Frontline

## Specific Themes

- Each class focuses on different aspects of the food guide pyramid relating to specific themes
  - Some themes include. . .
    - Healthy snacking
    - Stretching food dollars
    - Cooking with fruits and veggies
    - Smart shopping

# Operation Frontline

Week One  
Grains  
Eating Right

Week Two  
Fruits &  
Vegetables  
Planning  
Balanced Meals

Week Three  
Protein  
Cooking Lean &  
Low-Fat

Week Four  
Dairy  
Healthy Snacking

Week Five  
Shopping Smart

Week Six  
Celebrating Our  
Success

# ■ Operation Frontline

Program Incentives  
for participants:

- Participants get to work one-on-one with a local chef
- Participants get to take home groceries each week to reinforce/practice learning objectives



# ■ Operation Frontline

## Program Incentives:

- Field trip to local Fiesta Mart Inc. Week five; \$10. gift certificate
- Celebrate success with graduation certificates, Tyson thermometers, and cookbooks



# Operation Frontline

## Unique aspects of our program:

- Timing of our classes
- Chef involvement
- Work with non-profits
- Fiesta Mart sponsorship
- 2 hours, very hands-on
- 4- or 6-week series
- >90% graduation rate
- Outcomes measures to determine knowledge and behavioral changes





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# Thank You!

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*For More Information*

Houston Food Bank  
Nutrition Services Department  
3811 Eastex Freeway  
Houston, Tx 77026  
713-223-2700

Amber Wilson: [awilson@secondharvest.org](mailto:awilson@secondharvest.org)

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