



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Poverty and Hunger: A Reality for Mid-Michigan Families

### The Need:

- The USDA reports around 22 million low-income children receive free or reduced-price meals through the National School Lunch Program. Yet, only 12 percent of those same kids are able to access free meals over summer break.
- According to the Annie E. Casey Foundation, nearly one in four Michigan children live in poverty which is greater than in 2008 and 75 percent of families in the community live month-to-month.
- Nearly one in four Michigan children go to bed hungry every night.
- When children go hungry they are less able to learn and experience higher levels of anxiety, irritability, aggressiveness and hyperactivity.

### Healthy Living Mobile Kitchen Impact & Program Growth

- YMCA of Metropolitan Lansing's Summer Food Program is hosted at YMCA branches with summer camp programs. The YMCA also offers feeding programs at select Lansing communities including Baker Donora, Summer Place Apartments, Beverly Place and Epicenter of Worship.
- YMCA of Metropolitan Lansing began a summer feeding program in 2011 for children in their camps.
- In 2013, the YMCA started to feed children during the school year, providing meals at its afterschool program sites.
- In 2015, the YMCA served more than 30,000 meals and 30,000 snacks during the summer feeding program. The organization began development of the Healthy Living Mobile Kitchen.
- In June of 2016, the YMCA has served more than 9,700 meals and 4,900 snacks during the summer feeding program.
- Besides delivering meals, the demonstration portion of the kitchen will provide valuable hands-on education by showing youth and families alike how to prepare seasonal foods, read labels, how to use foods that are readily accessible and affordable and even how to set up gardens and grow food.