



SHARE OUR STRENGTH'S
**OPERATION
 FRONTLINE**[®]
 NO KID HUNGRY

NATIONALLY
 SPONSORED BY

**ConAgra
 Foods**
 FOUNDATION



OUR IMPACT

Since 1993,* Operation Frontline has conducted 3,848 classes and taught 45,359 low-income families.

In 2007,** Operation Frontline served more families and taught more classes than ever before:

- Held 439 classes at 319 local sites
- Taught 5,219 low-income families
- Engaged 494 volunteer instructors
- Graduated 84 percent of participants

WHAT PEOPLE ARE SAYING

“I think that the *Kids Up Front* program will make our nation a healthier place, if only every kid could take the class.”

— Kids Up Front graduate, Operation Frontline, Boston

“Operation Frontline does what few community programs do: We connect with the people we serve, treat them with dignity, and foster trust and a real interest in proper nutrition. And we see the results of our efforts.”

— Joseph Mora, volunteer chef-instructor, Washington, DC

ENDING CHILDHOOD HUNGER BY GETTING THE MOST OUT OF MEALS

Share Our Strength's Operation Frontline, nationally sponsored by the ConAgra Foods[®] Foundation, is a groundbreaking nutrition education program that connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget.

Professional chefs and nutritionists volunteer their time and expertise to lead hands-on courses that show adults, teens and kids how to purchase and prepare nutritious foods in healthful, safe and tasty ways. This can mean the difference between feeding families just for one night, and making sure they have the knowledge, skills and resources they need to enjoy healthy meals every night.

OUR PROGRAM

Since 1993, Operation Frontline and its hundreds of volunteer instructors have conducted nearly 4,000 cooking-centered nutrition and financial-planning courses, and helped more than 45,000 low-income families* in communities across the country learn how to eat better for less. The program is distinguished by its engaging chef-led courses for the whole family, proven results, and sustainable collaborative model that involves local partner organizations with broad community reach and community agencies that host courses in their facilities. Operation Frontline has also received special recognition from the U.S. Department of Agriculture for excellence in nutrition education.

Each of Operation Frontline's specialized nutrition curricula **teaches hands-on meal preparation, practical nutrition information, and food budgeting skills.**

All participants receive recipes and take-home materials from the day's lessons, and adult and teen participants take home a bag of groceries each week to practice what they have learned.

Operation Frontline's courses include four or six weekly, two-hour lessons:

1. **EATING RIGHT** teaches low-income adults how to prepare and shop for healthy meals on a limited budget. Nearly 80 percent of participants said they eat more vegetables after class than before.
2. **THE POWER OF EATING RIGHT** teaches teens how to make healthy food choices, and prepare healthy meals and snacks. Students reported that they eat a wider variety of foods, especially fruits and vegetables.
3. **KIDS UP FRONT** teaches kids aged 8 to 12 about healthy eating, how healthy eating affects their performance, and how to make easy, nutritious foods at home. Ninety-four percent of participants learned at least one new thing about cooking.
4. **SIDE BY SIDE** teaches school-age children with their parents about healthy eating and the importance of eating together as a family. Eighty-three percent of families made the healthy recipes at home that they tried in class.

* Through August 31, 2007

** September 1, 2006 through August 31, 2007



OPERATION FRONTLINE HELPS END CHILDHOOD HUNGER

Operation Frontline provides knowledge and skills that help surround kids at risk of hunger with healthy foods where they live, learn and play:

- Operation Frontline's goal is to help families with limited resources make healthy meals at home, using a wide variety of foods that are commonly available in stores and from emergency food providers.
- Instructors teach lifelong cooking skills, practical nutrition information, and food budgeting strategies that participants can use right away and take into the future.
- Adult and teen participants receive a bag of groceries at the end of each class to practice the lessons they've learned at home.
- All courses promote making the healthiest food choices possible with limited resources.
- Courses include information on available federal, state and local assistance programs.
- Operation Frontline classes are popular with afterschool, summer food, Head Start and WIC programs.

5. **STEP UP TO EATING RIGHT** teaches teen parents how to make healthy food choices and prepare nutritious foods for themselves and their babies. Graduates increased their use of Nutrition Facts labels by nearly 100 percent; 70 percent of graduates said they eat more vegetables.
6. **EATING WELL** teaches people living with HIV/AIDS and their caretakers how to plan, shop for and prepare healthy, safe meals that meet their special nutritional needs. Graduates said they use the Nutrition Facts label more often, make meals with a wider variety of healthy foods, and eat at least three meals a day.
7. **SAVING SMART, SPENDING SMART** teaches low-income families about basic household budgeting, banking, credit, and wise food-shopping practices. Seventy percent learned how to build good credit, 65 percent said they track expenses, and 60 percent set financial goals as a result of the course.

WHY WE ARE FOCUSING ON CHILDHOOD HUNGER

In the world's wealthiest nation, no child should grow up hungry. **Yet, more than 12 million children in America are at risk of hunger.** That's one in six with limited or uncertain access to the nutritious foods they need to develop to their full potential.

Despite its devastating and highly visible consequences, **childhood hunger is invisible.** You can't see it just by looking, and you can't measure it in pounds, but it is among us: It affects black, white, Asian and Hispanic, short and tall, thin and chubby.

Poverty is complex; feeding a child is not. Despite the good efforts of governments, private-sector institutions and everyday Americans, not all of our children have daily access to the nutritious meals they need to live active, healthy lives. Through dedicated, committed volunteers and community organizations, **Share Our Strength finds childhood hunger where it hides, and works to end it.**

HOW WE WILL END CHILDHOOD HUNGER

In 2004, Share Our Strength developed its national strategy to end childhood hunger in America. This strategy is focused on long-term solutions that support access to nutritious food and healthy food choices. **It is designed to bridge the gaps between existing, effective programs and the families who need them.**

At its core are three sensible goals:

- **Increase access** to public and private programs that provide food to children and their families
- **Strengthen community infrastructure and systems** that connect children to healthy food
- **Improve families' knowledge** about available programs and how to get the most from limited resources.

We are accomplishing these goals by supporting the most successful anti-hunger organizations in the United States through our 10-point plan to end childhood hunger.

WE ARE SHARE OUR STRENGTH WE CONNECT FAMILIES WITH FOOD

Everyone has a strength, and everyone has something to share. Chefs, companies, volunteers and everyday Americans that care.

It's time to roll up our sleeves and put an end to childhood hunger.

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