



SHARE OUR STRENGTH'S  
OPERATION  
FRONTLINE™  
NO KID HUNGRY

NATIONALLY  
SPONSORED BY



### OPERATION FRONTLINE HELPS END CHILDHOOD HUNGER

Operation Frontline is a critical component of No Kid Hungry, Share Our Strength's national campaign to end childhood hunger in America by 2015. Instructors teach lifelong cooking skills, practical nutrition information and food budgeting strategies that families can use the rest of their lives.

Since 1993, Operation Frontline has conducted 5,036 classes and taught 59,404 low-income families. In 2009, Operation Frontline served more families and taught more classes than ever before:

- Held 675 classes at 470 host sites.
- Taught 7,675 low-income families.
- Engaged 784 volunteer instructors.
- Graduated 83 percent of participants.<sup>1</sup>

### BEARING WITNESS

"I HAVE LEARNED IT IS POSSIBLE TO COOK HEALTHY AND NOT SPEND A LOT."

- *Eating Right* graduate, Denver, Colo.

"I FEEL VERY LUCKY TO HAVE HAD THIS EXPERIENCE. I LEFT EACH SESSION WITH A COMPLETE FEELING OF PERSONAL AND PROFESSIONAL SATISFACTION. THE MORE THAT OPERATION FRONTLINE CAN INFLUENCE AND SHAPE THE HABITS, DIETS, AND MINDS OF PARTICIPANTS, THE BETTER THIS WORLD WILL BE."

- Peter Franklin, Operation Frontline Hall of Fame Chef Volunteer, Boston, Mass.

<sup>1</sup>Share Our Strength's Operation Frontline 2009 Annual Review, Share Our Strength, May 2009. The report covers the program year September 1, 2008 through August 31, 2009 and cumulative data from the program's inception in 1993.

## MAKING NO KID HUNGRY™ A REALITY

Share Our Strength's Operation Frontline®, nationally sponsored by the ConAgra Foods® Foundation, teaches families how to prepare healthy, tasty meals on a limited budget. Operation Frontline connects families with food by teaching them how to get the most nutrition out of their meals at home and on-the-go. This is what makes Operation Frontline a critical component of Share Our Strength's No Kid Hungry Campaign™, a national effort to end childhood hunger in America by 2015. 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 to prepare healthy meals for a lifetime.

### TEACHING FAMILIES HOW TO EAT BETTER FOR LESS

Since 1993, Operation Frontline and its hundreds of volunteer instructors have conducted more than 5,000 cooking-centered nutrition and financial-planning courses, and helped more than 60,000 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 other educational 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 are designed to run for six weekly, two-hour lessons:

- ***Eating Right***, offered in English and Spanish, teaches low-income adults how to prepare and shop for healthy meals on a limited budget. This program is often paired with *Start By Eating Right*, an addendum for adults with children under 5, or an addendum for individuals living with HIV/AIDS and their caretakers. Seventy percent or more of *Eating Right* graduates said they ate more fruits, vegetables and whole grains after the course than they did before.



### WHY FOCUS ON CHILDHOOD HUNGER?

In the world's wealthiest nation, no child should grow up hungry. Over the course of a year, nearly 17 million children in America worry about when their next meal will come. That's almost one in four kids in America struggling with hunger.<sup>2</sup>

### 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.

OperationFrontline.org

- **The Power of Eating Right** teaches teens how to make healthy food choices, and prepare healthy meals and snacks. Eight-one percent of graduates reported an improvement in their cooking skills.
- **Kids Up Front** teaches kids aged 8 to 11 about healthy eating, how their food choices affect their performance, and how to make easy, nutritious foods at home. Ninety-four percent of participants learned at least one new thing about cooking.
- **Side by Side** teaches school-age children and their parents about healthy eating and the importance of eating together as a family. Of families that graduated from the program, 89 percent reported making a recipe from class at home together.
- **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 when they shopped and reported choosing healthier foods like low-fat milk and whole grains more often.
- **Eating Smart from the Start** teaches childcare professionals how to prepare healthy meals for kids in their care and create a healthy food environment. Of the providers who completed the pilot trainings, 92 percent reported improved cooking skills and 72 percent felt more confident about having kids help prepare meals.
- **Saving Smart, Spending Smart** teaches low-income families about basic household budgeting, banking, credit, and wise food-shopping practices. Eighty-two percent of graduates identified ways to cut spending.

### WHO WE ARE

Share Our Strength®, a national nonprofit, is ending childhood hunger in America by connecting children with the nutritious food they need to lead healthy, active lives. Through its No Kid Hungry Campaign™—a national effort to end childhood hunger in America by 2015—Share Our Strength ensures children in need are enrolled in effective federal nutrition programs, invests in community organizations fighting hunger, teaches families how to cook healthy meals on a budget, and builds public-private partnerships to end hunger, nationally and at the state level. Working closely with the culinary industry and relying on the strength of its volunteers, Share Our Strength hosts innovative culinary fundraising events and develops pioneering cause marketing campaigns that support No Kid Hungry. Visit [Strength.org](http://Strength.org) to get involved.

### FINDING AND FEEDING KIDS WHERE THEY LIVE, LEARN, AND PLAY

At Share Our Strength, we see a future in which no child in America grows up hungry. Through our No Kid Hungry campaign, we work with state, community and private sector leaders across the country to connect families facing hunger with the programs that can help them. Our focus is on long-term change, the difference between just feeding a child today and making sure that children in the United States never go hungry again.

Share Our Strength's No Kid Hungry campaign gives more kids a healthy start to the day through **school breakfast**; ensures kids have food at home by helping eligible families enroll in the **Supplemental Nutrition Assistance Program** (food stamps); and keeps kids fed outside of school hours by ensuring access to **afterschool** and **summer meal programs**. Educating kids and parents on healthy eating is another important component of the campaign. We teach families how to cook healthy meals on a budget through Share Our Strength's Operation Frontline program and fund local **nutrition education** programs.

<sup>2</sup>Nord, M., Anderson, M., Carlson, S., Household Food Security in the United States, 2008. USDA ERR-83.