



Food Security for Children
is a program of



What is Food Security for Children?

Food Security for Children connects low-income parents in the Seattle area with emergency food, supplies and community resources to help parents raise healthy children. Our three projects include:

- Baby Cupboards for children ages 0 to 2
- Baby Boost Information Fairs for parents who are expecting or have kids ages 0 to 5
- Toddler Feeding Project for children ages 2 to 5

Food Security for Children is a Solid Ground Food Resources program. We collaborate with staff and volunteers of Seattle food banks to provide families who use their services with nutritional support and helpful parenting information.

For more information, please call our Program Coordinator: 206.694.6755

We believe...

- Our community has the resources, will and ability to end poverty.
- All people have the right to food, shelter, social justice and opportunities.
- Racism perpetuates poverty. To end poverty, we must undo racism.

We believe that together, we can build a community free from poverty, prejudice and neglect in which all members stand on Solid Ground with the skills and confidence needed to achieve their dreams.

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Reasonable accommodations for disabilities made on request.

Food Security for Children



Providing food, resources & information to help low-income families raise healthy children

Because healthy children grow into healthy adults.

In our community, thousands of parents with infants and toddlers struggle to provide food for their children. Food Security for Children is Solid Ground's response to hunger and malnutrition among young children, ensuring that families who depend on food banks have access to nutritious foods and

the resources their kids need to grow and thrive.



Baby Cupboard Project

Food Security for Children helps local food banks develop Baby Cupboards to meet the growing need for services by low-income families with children ages 0-2. Baby Cupboards in 21 Seattle-area food banks stock infant formula, jar baby food, cereals and limited infant supplies. We also offer information to promote breastfeeding.

Baby Cupboards provide food bank staff and volunteers with information about the federal WIC (Women, Infants & Children) program resources, child nutrition, and maternal and infant health so they can better serve families with very young children and expectant mothers.

Toddler Feeding Project

The Toddler Feeding Project provides grocery bags full of age-appropriate, nutritious foods for toddlers at five participating food banks. Toddler bags include fruits and veggies, juice, peanut butter, tuna, cereals and graham crackers. Parents enjoy receiving nutritious foods their toddlers will actually eat — and children often ask for “my bag,” thrilled that there is food set aside especially for them.

“Our parents with kids often feel like they need more from us than we were previously able to provide. This has been an effective way to provide more appropriate food for kids.”

Food Bank Director

Baby Boost Information Fairs

Baby Boosts are free events linking expectant mothers and parents of infants and young children who use food banks to local community nutrition, health services and resources. Baby Boosts increase access to these programs to improve the nutrition and health of low-income pregnant women, infants and children. Onsite childcare and interpreters make it easier for parents to interact with presenters.

Typical Baby Boost presenters include:

- WIC (Women, Infants & Children)
- Child Care Resources
- Food Stamp Education
- SNAC (Seattle Nutrition Action Consortium)
- Planned Parenthood
- Head Start
- SIDS (Sudden Infant Death Syndrome) Foundation
- Public Health Outreach
- Family Assistance
- Husky Smiles (free UW dental student exams)