



Hunger Action Center
is a department of



Hunger Action Center

Solid Ground's Hunger Action Center is a group of food programs that support food banks and low-income communities with access to food and nutrition resources.

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Food Resources

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Food Security for Children

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Lettuce Link

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Operation Frontline Seattle

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Partners in Caring's Grocery Delivery Project

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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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Hunger Action Center



*Creating access
to food & nutrition
resources in the greater
Seattle community*

Hunger Action Center programs at Solid Ground



Apple Corps

We are a team of National Service Members guided by the belief that all people deserve to live healthful lives. Apple Corps collaborates with schools, community groups and local organizations in Seattle/King County to educate children about nutrition and physical activity, improve policies affecting child health, and connect families to health-promoting resources.

Food Resources

We provide technical assistance and administrative support to the Seattle Food Committee (SFC), a coalition of 27 food banks. Food Resources transports food, develops nutrition resources and offers technical assistance in day-to-day operations for member food banks.

Food Security for Children (FSC)

We provide nutritious, age-appropriate foods for infants and toddlers whose families use Seattle food banks — and information and resources to help parents raise healthy children.



FSC projects include:

- **Baby Cupboards**, providing infant food and supplies to 20 Seattle-area food banks.
- **Baby Boost Information Fairs**, connecting families who use food banks to health, nutrition and social services in their communities.
- **Toddler Feeding Project**, supplying age-appropriate, nutritious foods to toddlers at six Seattle-area food banks.

Lettuce Link

We are an innovative food and gardening program providing fresh organic produce, vegetable seeds, gardening assistance and information to people with lower incomes throughout Seattle. We encourage people to grow organic food for themselves and their families. We also create access to fresh organic produce through a volunteer delivery network from local community gardens to food banks and meal programs.

Lettuce Link projects include:

- **Giving Garden at Marra Farm**, a $\frac{3}{4}$ -acre organic and educational garden supporting Seattle's South Park neighborhood.
- **Community Fruit Tree Harvest**, connecting people who have extra healthy fruit in their yards with others who need it.

Operation Frontline

We teach cooking, nutrition and food budgeting to families with lower incomes. Local professional chefs and nutritionists volunteer with us to teach hands-on 4- to 6-week classes through Seattle-area community agencies. Classes reach adults, children ages 8-12, parents and their school-age children, teens, parents of young children and people living with HIV/AIDS. (*Operation Frontline is sponsored by Solid Ground in partnership with Share Our Strength.*)

Partners in Caring's Grocery Delivery Project

We coordinate grocery delivery for people living in selected Seattle Housing Authority buildings. We also offer residents community-building activities (such as health/fitness activities and presentations) and community resource referrals.

"I had a great time learning new & healthy ways to cook at home. I have already made some big changes in what I buy and how I cook! Thank you very much!!"

Operation Frontline Class participant