



It takes more than food to fight hunger
Operation Frontline Seattle, a partnership of Solid Ground and Share Our Strength (SOS), is a direct outreach program that mobilizes local culinary and nutrition professionals to teach cooking and nutrition classes to low-income people. Classes are taught at local community and family centers, food banks, schools and transitional housing sites, providing practical, hands-on experience with food and nutrition. In the greater Seattle area, we offer onsite cooking and nutrition programs for:

- adults
- children ages 8-12 years old
- teenagers
- parents together with their children
- people living with HIV/AIDS
- parents/caregivers of children ages 0-5

For information on classes, being a host site, volunteering or making a donation, call: 206.694.6846

Operation Frontline Seattle
is a partnership of Share Our Strength &



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.

Operation Frontline Seattle



Helping people shop smart & fix healthy meals on a limited budget

Healthy foods & shopping smart on a limited budget

Since 1993, Operation Frontline has provided low-income people at risk of hunger with hands-on cooking and nutrition education classes led by volunteer professional chefs and nutritionists. Our 4- to 6-week classes are held in local community agencies and schools. Classes are free to participants and host agencies. At each class, participants receive a bag of groceries and recipes to try at home.

Based on the USDA food guide pyramid, the OFL curriculum teaches healthy eating habits, cooking skills, food shopping and budgeting. Each class focuses on a theme such as fruits and vegetables, cutting fat or healthy snacking. Chefs add their own creative touches with low-cost, nutritious recipes they create and demonstrate with participants' help.



Classes include...

- **Eating Right:** For low-income adults, this class covers topics such as planning balanced meals, basic cooking skills, smart shopping and good sanitation.
- **Kids Up Front:** For kids ages 8-12, this class uses the food guide pyramid to teach about nutrition and healthy snacking.
- **Side By Side:** A class where school-age children and their families come together in the kitchen to learn about healthy eating.
- **Eating Well:** This class includes specialized recipes and information on the nutritional needs of people living with HIV/AIDS.
- **The Power of Eating Right:** This class teaches teens the basics of nutrition, cooking and healthy eating.
- **Start By Eating Right:** This class equips parents with skills to provide children ages 0-5 with a nutritious and healthy start.
- **Step Up to Eating Right:** This class teaches teen parents how to make healthy food choices and prepare nutritious foods for themselves and their babies.
- **Saving Smart Spending Smart:** A financial planning class designed to teach the basics of personal finance.

"I had a great time learning new and 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!!"

OFL Seattle participant

Volunteer!

Chefs and nutritionists can get involved in many ways: **1)** Teach an Operation Frontline class. **2)** Create easy, low-cost recipes. **3)** Develop nutrition education materials. **4)** Work a special event or fundraiser.

A healthy partnership

Solid Ground coordinates Operation Frontline in Seattle, a program of the national anti-hunger organization Share Our Strength. SOS mobilizes industries and individuals to contribute their talents to fight hunger. By supporting food assistance programs, treating malnutrition and other consequences of hunger, and promoting economic independence among people in need, SOS meets immediate demands for food while investing in long-term solutions to hunger and poverty.

