



Food Resources
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Food Resources

Solid Ground's Food Resources program provides 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 Resources also coordinates the Solid Ground programs described in this brochure which support food banks and low-income communities:

• ***Food Security for Children***, • ***Lettuce Link*** and • ***Operation Frontline Seattle***.

Seattle Food Committee

SFC members represent 27 food banks working with food distributors and other service providers to help people in need access supplemental food. SFC combines resources for greater buying power, offers information to the media and public about emergency food programs and hunger issues, and shares knowledge about running food programs. SFC also works to educate local and state officials to support food programs' needs, and sponsors trainings and workshops for the staff of member programs.

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.

Food Resources



*Supporting Seattle's
food banks to end hunger
in our community*

Food Resources at Solid Ground



Food Security for Children

Food Security for Children provides nutritious, age-appropriate foods for infants and toddlers whose families use Seattle food banks — and information and resources to help parents raise healthy children. Our projects include:



- **Baby Cupboards**, providing infant food and supplies to 21 Seattle-area food banks.
- **Baby Boost Information Fairs**, connecting families who use food banks to health, nutrition and social services in their community.

- **Toddler Feeding Project**, supplying age-appropriate, nutritious foods to toddlers at five Seattle-area food banks.

Lettuce Link

Lettuce Link is an innovative food and gardening program that provides fresh organic produce, vegetable seeds, gardening assistance and information to low-income people throughout Seattle. We encourage people to grow organic food for themselves and their families. We also create access to fresh organic produce by coordinating a volunteer delivery network from local community gardens to food banks and hot meals programs.

As part of the Marra Farm Coalition, Lettuce Link operates a $\frac{3}{4}$ -acre Giving Garden at Marra Farm in Seattle's South Park neighborhood where we grow fresh, organic produce for low-income community residents. We also offer a gardening and nutrition program for local elementary school kids who learn about healthy eating and the environment by "adopting" a plot of farmland.

"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

Operation Frontline

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

For more information on Solid Ground's Food Resources programs please contact us:

Food Resources

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"Many of our clients with young children depend on Food Security for Children to supplement their monthly food supply."

West Seattle Food Bank