



Nutrition Program

Beginning in 2014, Youthprise began serving as a hub for the Nutrition Program – coordinating, recruiting, training, and supporting afterschool and summer learning programs to participate in serving snacks and meals. The Youthprise model is specifically designed to eliminate barriers to participation among small to mid-size organizations where there is a great need for assistance in providing meals.

Youthprise is connected to a network of quality afterschool and summer learning programs that provide free, warm, healthy, nutritious meals for underserved youth from communities of color and at-risk children. In the absence of Youthprise's role, these children had not been receiving meals through the federal Child and Adult Care Food Program (CACFP). These programs are located at sites where at least 50% of the children/youth in the school attendance area are eligible for free and reduced price school meals. The targeted population for the Nutrition Program are children living in US Census tract areas experiencing 50% or higher of poverty.

Increasing the number of meals served in afterschool and summer learning programs can improve enrollment and retention of youth as well as enhance the long-term educational, health and life outcomes of the youth. From early 2015, Youthprise Nutrition program started serving in the Twin Cities primary counties and work to expand to the surrounding counties in the near future. In our first year we ended with 15 sites served and over 67,000 meals served.

The Youthprise Nutrition Program reported the following impacts in 2018:

- More than half of the youth said they attended the program to receive a meal 4 or more times per week;
- **73%** of program participants have "low food security" or "very low food security";
- More than **250,000** nutritious and well-rounded meals were served to youth, perhaps the only nutritious meal that youth received for the rest of the day;
- **4,200** youth and **700** family members served at **52** sites throughout the Twin Cities;
- Youth attendance in participating programs increased;
- Participating youth experienced improved energy, concentration, and good behaviors; and
- Participating youth experienced increased connectedness among youth, with families and among providers.

In 2019, Youthprise's goal for the Nutrition Program is to serve **275,000** meals to **5,000** underserved youth at **60 sites** in the Twin Cities and Greater Metro.

If HF157 and SF428 are passed Youthprise Nutrition Program would be able to expand outside the first ring suburbs and into Greater Minnesota.

