



Healthy Meals Healthy Minds

In partnership with the Enfield Food Shelf, **Healthy Meals • Healthy Minds** ensures that all Enfield children and families have the food they need to succeed in school and in life.

Healthy Meals • Healthy Minds is a year-round initiative designed to address food insecurity in Enfield. Food insecurity is defined by limited or uncertain access to enough food to sustain a healthy life.

*Without enough food, a child cannot learn,
an adult cannot work,
and a family cannot function.*

In 2014-2015

The **Enfield Food Shelf** provided the equivalent of 356,020 meals (approximately 8 meals per week per person in the family) and distributed more than 600,000 pounds of food.

ERfC served 77,687 free meals and 230,592 snacks to children during the school year and summer months.

Volunteers Afterschool

Volunteers help me with my homework so I can be ready for school the next day.
—Carly grade 4

Club time is so much fun when we have our special visitors and helpers. —Sam grade 6

I like playing sports with volunteers. They help me to be and do my best. —Kyle grade 2



Our mission is to team with kids, communities, schools and families to grow resilient kids. We help kids learn, reach their goals, and contribute to their communities. This mission is achieved by providing quality out-of-school time and summer programs for children ages 5-13. ERfC is the only organization providing out-of-school time services for Enfield's public schools.

Our School-Age Centers are aligned with school-day academics and include activities that build life and social skills, increase school attendance and prevent risky behavior. We also provide support for the families of the children we serve including health education, family literacy programs, case management, and help accessing afterschool care and nutrition benefits.

School-year programs operate five days a week, every day that school is in session. Additional programs are offered before school, on vacation and early release days, and during the summer.

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Reaching out to Enfield Families

MassMutual Employee Volunteer Opportunities

Skill-based and direct service

- marketing and design
- local food drives
- law and strategy
- food distributions
- fund raising expertise
- community events
- homework tutoring
- website maintenance and data entry
- summer meal programs
- onsite and virtual IT assistance
- academic, enrichment
- and recreational activities



Healthy Meals Healthy Minds

The project will offer free summer meals for low income children and parents and school breakfast and dinner programs for students attending ERfC centers after school.



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The project will enroll families in the Supplemental Nutrition Assistance Program (SNAP). Experts agree that improving access to SNAP is one of the best ways to combat food insecurity.

Healthy Meals • Healthy Minds will provide case management support to families year-round and connect families to critical services, including Care 4 Kids (childcare assistance) and ERfC's out of school time programs.



We know that families that have the support they need are more likely to become active partners in their child's education, which increases that child's opportunity for academic success.



Healthy Meals Healthy Minds

The project will provide free meals to feed insecure children. Recent national initiatives to combat food insecurity have focused on increasing participation in out-of-school time meal programs.

