

Hungry People, Healthy Meals: Emergency Meal Programs in the Twin Cities

February 23, 2012

Program 3-5 pm | Reception to follow

Neighborhood House
Anna Heilmaier Room
179 Robie Street East
Saint Paul, MN 55107



Each year, **emergency meal programs** in the Twin Cities provide **over five million meals** to help thousands of families and individuals. These meals are served in many organizations including shelters, multi-service organizations, churches and residential programs.

Meal programs fill a growing need in our community. **One in five families with children** experience food hardship throughout the year. At the same time we know that nutritious meals are a key component to healthy lives and securing adequate **milk, fruits and vegetables, and protein** presents an important challenge as meal programs work to improve the quality of meals served.

The **Ramsey County Healthy Meals Coalition (RCHMC)** and the **Twin Cities Hunger Initiative (TCHI)** have each completed research projects designed to learn more about meal programs in the nine-county metropolitan area, with a focus on organizational structure, successes and barriers to serving nutritious foods. RCHMC and the TCHI have collaborated on this event to share findings from these original and thought-provoking studies, to begin a conversation to find solutions to end hunger, and to broaden our collective understanding of the importance of meal programs in our community.

There is no cost to attend.

Register online by February 21, 2012: <http://www.co.ramsey.mn.us/ph/phregistration.asp>
or call: 651-266-2444 press #2.

**TWIN CITIES
HUNGER
INITIATIVE**



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