



## FAQs

**Do Chapel Hill and Carrboro really need a program like TABLE? Are there really hungry children here?** Over 30% of children in Chapel Hill and Carrboro are on free and reduced school meals. That translates to: Over 2,600 children (nearly 1 in 3) preschool, elementary, and middle school children are at risk for hunger on weekends and school holidays.

**What is TABLE's Mission?** TABLE provides healthy food and nutrition education to children living in Orange County, NC.

**What does TABLE do?** TABLE has four hunger-relief and educational Programs: 1) Weekend Meal Backpack Program provides healthy food – including healthy non-perishables, local produce and fresh milk - to local kids that are at risk for hunger on weekends and school holidays; 2) SnackChef teaches kids how to eat healthy every month by exposing them to new foods, providing them with the skills to prepare a healthy snack at home, and incorporating a fun and interactive nutrition education lesson; 3) Summer TABLE provides healthy food to local kids for ten weeks in the summer; and 4) TABLE On the Go allows children the opportunity to visit local farms, farmer's markets, and community gardens so they may learn about healthy food, their community, and where their food comes from.

**How is TABLE different from other hunger-relief services in the area?** TABLE exclusively serves local children. We provide healthy food *each week* in the summer and school year to hungry kids so they have the food and nutrition they need for weekends, holidays, and other times they are not in school.

**How do children get food from TABLE?** TABLE delivers food on Thursday afternoons to schools and afterschool centers for children for weekends and school holidays when kids don't have access to free school meals.

**How are children participating in the WMBP identified?** In local schools, the school social worker identifies children that are most in need. At the low-income after school centers, after school staff offer TABLE's services to all attending children. Parents simply sign a permission slip to give their child permission to receive a weekly bag of nutritious food.

**How much food do the kids participating in WMBP receive?** Participating children receive enough food and nutrition to carry them through the weekend.

**What types of food do children participating in the WMBP receive and why?** TABLE provides a variety of healthy kid-friendly nonperishable foods (such as oatmeal, fruit cups, low-sodium soup, canned vegetables, etc.) as well as local fruits, veggies, and fresh milk. We try to find a balance in the food we give out to ensure that it is healthy, affordable, and liked by kids!

**From whom does TABLE receive donations?** TABLE relies heavily on generous individuals and groups in the community to donate food throughout the year. We also receive donations from local organizations, foundations, corporate businesses and we write grants. When there is not enough food on our shelves, TABLE uses financial donations to purchase food in bulk.

**How do TABLE employees get paid?** TABLE employees are paid from the donations and grants we receive. Every bit of the work we do is to benefit our kids and programs, including the fundraising, program planning, administrative tasks, and volunteer coordinating! And, our overhead is below 20%!

**What age children does TABLE serve?** TABLE serves kids in pre-K, elementary, middle and high school throughout Chapel Hill, Carrboro and Orange County. TABLE puts food directly in the hands of these kids so they have access to healthy food even when they are not at school.