

2017 | HEALTHY FAMILIES UPDATE

Healthy Families Program

FIRC's Healthy Families program promotes healthy behaviors through nutrition and food assistance programs. Cooking and nutrition classes help families develop healthy lifestyles and improve overall health and wellness. These skills have a lifelong effect on children, adults and families that can be passed on to future generations. Our food pantry and food assistance programs work to ensure people have healthy options and ways to keep food on the table.

Food Security is an issue in Summit County

Many are surprised to hear residents in Summit County are struggling to keep food on the table. A recent report shows Summit County's need for food assistance is higher than the state average of 12%. 1 in 8 people in Summit County struggle with hunger and don't always have enough money to afford food. Through FIRC's food pantries, shopping and cooking classes and partnerships around the community, FIRC is working to connect families to the education and resources needed to improve their food stability.

Issues facing Summit County families

Students receiving free or reduced lunches

- 62% Silverthorne Elementary
- 49% Dillon Valley Elementary
- 39% Upper Blue Elementary

Shopping education is lacking. People don't realize the affordable healthy options that are available.

How you've helped

4,297 food pantry visits

1,454 families helped with food assistance

857 lunches distributed to children during the Summer Food Program

How food assistance strengthens families

- Having enough food supports the foundation for optimal health and well-being throughout our lifecycle. Nutritious food helps children's brains and bodies develop, gives kids the energy to excel in and out of school, reduces the risk of chronic diseases in adults, and keeps seniors stable and independent.
- It impacts a person's health and can be a culprit of obesity, acute and chronic illnesses, and other medical concerns.
- Yet, nearly 1 in 8 Coloradans struggle to make ends meet and put food on the table, whether due to a job loss, health issue, minimum-wage job or another misfortune. It's estimated that about 1 in 5 kids and 1 in 8 Colorado seniors don't know when or where they will get their next meal.
- Food assistance allow families to have a nutritious diet and supplement income on paying rent or utility costs.

GROWING COMMUNITY BUILDING SKILLS AROUND FOOD



COOKING MATTERS

FIRC offers five Cooking Matters classes throughout the year. The classes provide parents and children to learn kitchen skills and recipes together. In addition to cooking skills, the class explains how to make healthy meals on a budget and how to read nutrition labels. The multi-week course has been every popular with families and participants report they cook healthier meals based on the information they learn in the class. Other behavior changes are listed below:

Behavior Changes from Cooking Classes

17% decrease in eating fast food

18% decrease in drinking soda and energy drinks

44% decrease in thinking cooking takes too much time

27% decrease in thinking cooking is frustrating

25% increase their use of the “nutrition facts” on food labels



IMPROVING LIVES

One of the families who attended the summer food program reported that because of the partnership of FIRC and Book Exchange through Silverthorne Elementary, their kids were getting healthy food every Thursday for lunch and they were reading more books than in summers past. The mom said that the kids wanted to make sure that they had read a book very week so every Thursday, they would be able to exchange their books for a new one. The kids looked forward to being able to eat lunch and hanging out with other kids playing games and doing arts and crafts.

FIRC is teaming up with community partners to provide new outlets for healthy food options:

COMMUNITY GARDENS

The Community Garden in Dillon Valley allows people to learn about gardening and benefit from their work. FIRC hosted several gardening events where participants were able to plant, water and weed the gardens and then take harvested products home for their families.

SUMMER FOOD PROGRAM

FIRC provided over 800 free lunches in Silverthorne and Dillon Valley during the summer to ensure children were getting nutritious options while they were out of school. The high number of students who rely on free and reduced lunches during the school year show that families struggle with food security. By going into the community, FIRC was able to give easier food access to children.

CATCH EARLY CHILDHOOD EDUCATION

FIRC trained four of the local childcare facilities on the CATCH Early Childhood Education program curriculum. This curriculum provides programming that promotes active and healthy lifestyles at a young age.

IMPROVING SNOWY PEAKS FOOD BANK

Snowy Peaks is the alternative school in Summit County with 75 students. Many students report issues with food security. In efforts to increase access to healthy food options, FIRC and Food Bank of the Rockies have donated a refrigerator, freezer and food donations to improve the options for students.

MOBILE FOOD PANTRY

One day every month, the Food Bank of the Rockies provides a mobile food pantry truck for Summit County residents to shop. The additional support can help families keep food on the table until their next pay-check.

FOOD DISTRIBUTION THROUGH COMMUNITY PROVIDERS

FIRC works with local health providers including Summit Community Care Clinic, WIC, Ebert Santos Family Clinic, High Country Healthcare and Kaiser Permanente to distribute local produce to patients.

SHOPPING MATTERS

FIRC provides a Shopping Matters class to help families' budget go further and healthier at grocery stores. Participants tour a store to gain better understanding on nutrition labels, finding deals and shopping "in-season" fruits and vegetables to save on healthy options.





Top 10 impacts of FIRC's work

Through education and support, FIRC helps families make healthy choices and provide an environment for children to thrive. By strengthening families, we are strengthening the community.

Summit County Profile

Population: 28,649

Under 18: 5,000

Under 5: 1,437

Children who qualify for free or reduced lunch: 35%

Enrolled in CHP+ or Medicaid: 42%

Uninsured: 15%

English Language Learners: 25%

Both parents in the workforce: 82%

Median Household Income: \$64,000

Community Risk Factors:

- Availability of drugs
- Community laws and norms favorable towards drug use
- High rate of mobility
- Low neighborhood attachment
- Economic deprivation

Family Risk factors:

- Family history of problem behavior
- Family management problems
- Family conflict
- Parental attitudes and involvement in drug use

1 Hope: Parents want the best for their children and with the education and support provided by FIRC's programs, they can grow up with the ability to achieve their hopes and dreams and become contributing members of society.

2 Resilience: We can't control the situations life throws at us, but we can control how we respond to those challenges. Resilience is a learned skill that helps you go through those challenges and come out stronger. At FIRC, we help families develop this skill so they can conquer struggles with strength.

3 Stability: FIRC's goal is to help families provide basic needs and obtain financial independence, ensure they have access to healthcare, help them meet friends, feel a sense of community and be a knowledgeable parent who can spend quality time with family. When a person feels stable, they are able to be a more involved parent and member of the community. Eighty percent of clients report moving from crisis to stability within 6 months of receiving help.

4 Empowerment: Everyone has strengths, but during difficult times it can be easy to get discouraged. FIRC's staff help people realize their strengths and encourage them to discover their solutions. The Family Support Counselors and Parent Educators work closely with parents to set long-term goals and take the steps needed to achieve them.

5 Education: Through a variety of parenting classes and home visits, FIRC works to give parents the education and confidence to be a strong parent. Whether its helping your child walk, teaching them respect, or helping them graduate, FIRC offers strategies and support so parents can give their child the best start to life.



FIRC Program Statistics

Fiscal Year 2015

Overall FIRC

People Served: 3,202

Household income

(based on a family of 4)

\$24,250 (Poverty Line): 46%

\$31,525 (33% above PL) : 14%

\$48,500 (100% above PL): 19%

\$48,501+(100+% above PL): 21%

Healthy Families Program

People attending parenting classes & meetings: 1,360

Cooking Matters participants: 165

Preschoolers attending Exploring Food Together: 210

Family Support Program

Emergency Financial Assistance: 261

Health Insurance Enrollment: 315

Food Bank: 1,258

Families United Program

Children served through free monthly home visitation: 180

Home visits completed: 1,625

Attendance of social groups: 235

Top 10 impacts of FIRC's work (continued)

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Connection: Most people move to Summit County without knowing anyone and without extended family. Many parents say it's difficult to find friends with children. FIRC's Families United program encourages friendships and offers a chance for parents to connect. When parents can share struggles and challenges with other parents, it helps them decompress and have more patience with their child.

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Support: FIRC works to build relationships with every client. When someone feels support, they are willing to open up about their strengths and weaknesses, their goals and dreams. The programs at FIRC are designed to help families in a variety of aspects so they can grow stronger as a whole. We provide support through financial planning, parenting skills, access to healthcare and information on nutrition. FIRC helps provide families with the support they need to achieve their goals.

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Prepared: If a child starts kindergarten without the proper skills, it becomes extremely difficult for them to ever catch up with their peers. Through FIRC's home visitation program, we work closely with over 180 children and parents to ensure they start kindergarten ready to learn.

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Knowledge: Providing children and parents with the information to make healthy choices is a key goal of FIRC's Healthy Families program, which served over 1,000 people last year. Learning nutrition and cooking skills is something that can be used throughout the entire family and be passed on to future generations. The same is true for issues surrounding drugs, alcohol and other risky behaviors. Providing parents with the knowledge and skills to talk to their children is the best way to help kids make healthy choices.

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Community: The high cost of living makes Summit County a difficult place to raise a family. FIRC continues to address the changing needs facing working families and provide support and solutions to help them remain living in this community. We believe that strong families are the key to successful communities and we want to make sure our teachers, nurses, housekeepers and other professionals can thrive.