



## Your Donor Impact

Because you give for child health

### Your donations help nourish children.

Through your donations, two pediatric residents in Missouri were able to help families with food insecurity through a Community Access to Child Health (CATCH) grant. Food insecurity is a lack of consistent access to enough food for every member of a household to live an active, healthy life.

Food insecurity affects approximately 20% of children in the Kansas City area served by Children's Mercy Hospital (CMH), with many eating less than the recommended amount of fresh fruits and vegetables. Kristin Streiler, MD, FAAP and Danielle Gonzales, MD put together the **"Increasing Children's Consumption of Healthy Produce"** program to help a local population that is grappling with food insecurity. The intent was to help them access low-cost fruits and vegetables, and teach creative ways to incorporate fruits and vegetables into their diets.

Dr. Streiler and Dr. Gonzales administered their dietary initiative at a transitional living program for mothers recovering from substance abuse and their children. The pediatric residents would visit each month to prepare a dish with families. Donations were used for the produce to create the dish, which the families then enjoyed after making it together. Recipes and the featured donated ingredients were distributed among families. Residents also administered the validated 2-question "hunger vital sign" screening tool for food insecurity. This program hopes to alleviate food insecurity by demonstrating methods for preparing healthy dishes using local produce.

As a result of this CATCH project, many families in their Kansas City community improved their knowledge, skills, and attitudes about healthy produce. They introduced forty or more different healthy food items (predominantly produce) to these families over the course of the project. Many children commented about how excited they were to create dishes, like smoothies, using a variety of

produce. Many moms were surprised that their children were so adventurous when they had a chance to make their own dishes.

“The way this project organically evolved was immensely gratifying. Thanks to this CATCH project, I was able to design and implement a program that included teaching families about healthy eating and child health, helping 11 moms quit smoking, and involving many colleagues along the way. It was one of the highlights of my training!” shared Dr. Streiler.

As this program and its community partner seeks local funding to continue, it is easy to see how your gifts impact one community at a time and then grow and grow. Every time you give, you are helping give children a better life. Thank you for that kindness.

Your gifts continue to provide vital support for children, their families, and their pediatric professionals. I'll be back next month to share more of these inspiring outcomes.

Warmly,

Sandy L. Chung, MD, FAAP, FACHE  
President