

FOOD INSECURITY



“Thanks to the Y, I have been able to provide healthier food for me and my family.”

- Salome Estrella,
North Brooklyn YMCA,
Y Community Markets

THE CHALLENGE

Food insecurity has reached a crisis level in New York City. Approximately 1.5 million New Yorkers don't have enough to eat, including one in four children. A lack of access to nutrition education and food preparation knowledge compounds the problem.

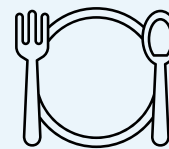
THE Y'S SOLUTION

- **Y COMMUNITY MARKETS** provide free groceries and supplies to Brooklyn families at the Coney Island, North Brooklyn, and Flatbush YMCAs.
- **THE NORTHEAST BRONX Y's TEACHING KITCHEN** offers a range of free cooking and nutrition education classes for youth, seniors, and families.
- **HOT AND COLD MEALS** are distributed for free as part of Y camp, afterschool programs, early childhood programming, and senior programming.
- **FOOD DISTRIBUTIONS** occur at Y Community Schools and Y Branches in response to community needs.

THE URGENT NEED

During the holidays, the number of families and individuals seeking our food distribution services increases exponentially. Without additional funds, we cannot meet this increased demand.

THE Y'S IMPACT IN 2024



294,000
Youth Meals Served



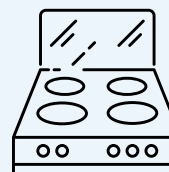
556,800 lbs.
of Food Distributed



68,200
Senior Meals Served



3,500
Y Community Markets
Participants



98
NE Bronx Y Teaching
Kitchen Students

TRANSFORMING LIVES TOGETHER

- \$10,000: Sponsors a Y Community Market distribution day serving more than 100 families
- \$5,000: Sponsors 1 teen cooking class at NE Bronx Y Teaching Kitchen
- \$1,500: Sponsors meals for a cohort of Seniors
- \$500: Sponsors a semester of healthy snacks for an afterschool classroom



YMCA OF GREATER
NEW YORK

FOOD INSECURITY

YMCA FOOD & NUTRITION SERVICES

Y COMMUNITY MARKETS are free food distribution events designed to supplement individuals and families' weekly groceries with dignity and choice. By providing options for healthy food, participants choose what they need in a safe and welcoming environment. Y Community Markets operate in some of Brooklyn's most underserved neighborhoods: Coney Island, North Brooklyn/East New York, and Flatbush.

MEALS & FOOD DISTRIBUTION

- The Y's Afterschool, Early Childhood, Holiday Camp, and Summer Camp programs distribute free hot and cold meals and snacks to youth participants, providing key nutrition for young people when school is not in session.
- Meals are provided for seniors at the Y's Department for the Aging (DFTA) sites and during select Older Adult programming.
- The Y distributes food at five Community Schools and the Chinatown Y to help meet local needs.

THE NORTHEAST BRONX Y's TEACHING KITCHEN offers a range of cooking and nutrition education classes focusing on essential skills such as selecting produce, food safety, nutrition, healthy recipes, meal preparation, and cooking. Free classes currently are offered to youth, seniors, and families.



YMCA OF GREATER NEW YORK

We're here for all New Yorkers – to empower youth, improve health, and strengthen community.

For over 170 years, the YMCA of Greater New York has been helping all New Yorkers reach their full potential. As New York City's leading nonprofit community service and wellness organization, the Y empowers everyone, no matter who they are or where they're from, by providing access and opportunities for all to learn, grow, and thrive.

We provide a place to play, to be healthy, and to give back. We give parents childcare, young adults job training, seniors a way to connect, and children a safe place to go. By bringing people together from different backgrounds, perspectives, and generations, the Y improves overall health and well-being, ignites youth empowerment, and connects and supports diverse communities across New York City.



DONATE

www.ymcanyc.org/give



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