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## **Moultrie YMCA Offers Afterschool Meal Program to Provide Nutrition and Learning Enrichment Activities**

*Moultrie YMCA joins national effort to serve healthy meals and snacks throughout the school year, in partnership with the Walmart Foundation*

Moultrie, GA, September 17, 2014 – The Moultrie YMCA is offering an Afterschool Meal Program to help children stay healthy and succeed in school. Through a national partnership between YMCA of the USA and the Walmart Foundation, the program combines learning enrichment activities with physical activity to keep minds and bodies active, while also serving a healthy meal to kids who may otherwise be at risk of hunger when the school day ends.

According to the USDA, nearly 50 million Americans – including more than 16 million children and teens under age 18 – live with food insecurity. Through its afterschool program and a grant from the Walmart Foundation, the Y will serve more children through the U.S. Department of Agriculture (USDA)'s Child and Adult Care Food Program (CACFP), which feeds school-aged children during the week, on weekends and during school vacations. This school year, the Y will offer an Afterschool Meal Program at nearly 1,300 locations across the country.

"Some students may not know where their next meal will come from when the school day ends, and without proper nourishment it's hard to focus in school. At the Y, we are focused on keeping kids well-nourished and engaged in learning when school's not in session," said Savannah Mothershed, Food Program Director, Moultrie YMCA. "Thanks to the Walmart Foundation, our Y will be able to do more to address this issue all year long."

Mothershed joined the Moultrie YMCA in June and hit the ground running creating nutritious menus and meals for children in our community. Born and raised in Colquitt County, Savannah attended ABAC and Moultrie Technical College where she graduated with her associates in Early Childhood Education. Since September 2, Savannah has created 3,025 meals for children enrolled in YMCA Afterschool programs. Local partnerships with Packer Produce, Sysco Gulf Coast and Moultrie Distributors, Inc. have made this program a success thus far.

As part of a long-time commitment to youth development, the Y nurtures the physical, mental and social-emotional development of youth. Combining play with academic enrichment, YMCA afterschool programs promote creativity, a love for learning, social and emotional development and character building, while complementing lessons learned during the school

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day. The YMCA's Food & Fun curriculum, developed in collaboration with the Harvard School of Public Health, is one of our tools for creating healthy environments and supporting the well-being of kids at the Y and at home. Food & Fun is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules.

The Y's Afterschool Meal Program is part of a year-round effort to address child hunger. During the summer, Moultrie YMCA served 4,000 meals to 282 kids and tweens here in Moultrie. Nationally, the Y's year-round goal is to serve 8 million healthy meals and snacks to 200,000 youth.

To learn more, contact the Moultrie YMCA at 985-1154 or visit [www.moultrieymca.org](http://www.moultrieymca.org).

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### ***About the Y***

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [ymca.net](http://ymca.net)

### ***About Philanthropy at Walmart***

Walmart and the Walmart Foundation are committed to helping people live better through philanthropic efforts. By operating globally and giving back locally, Walmart is uniquely positioned to address the needs of the communities it serves and make a significant social impact within its core areas of giving: Hunger Relief & Healthy Eating, Sustainability, Career Opportunity and Women's Economic Empowerment. Walmart and the Walmart Foundation are leading the fight against hunger in the United States with a \$2 billion commitment through 2015. Together, they have donated more than 1 billion meals to those in need across the country. To learn more about Walmart's giving, visit [foundation.walmart.com](http://foundation.walmart.com).