



Make a meal. Feed a mind.

Statistics show that children who do not receive regular, well-balanced nutritious meals do not perform as well on certain academic tests and are more likely to repeat a grade in school. Join ForKids' Hot Meals & Homework program and help raise awareness and a few grades in the process.

ForKids

Help Us Help Homeless Families

4200 Colley Avenue, Suite A Norfolk, VA 23508 • 757-622-6400 • www.homesforkids.org

Program Description

Hot Meals & Homework is ForKids' afterschool tutoring program currently serving 30 – 35 children per week who have exited from our shelters or housing programs. Four nights a week, volunteer tutors come to the Marie and Paul Finch Center for Families and Children on Colley Avenue in Norfolk to provide one-on-one tutoring and mentoring, as well as assistance with cultural and arts enrichment activities to the children in our aftercare program. Hot Meals & Homework is a voluntary program, and the children who participate are invested in their lives and their families. Every night, an area restaurant provides a hot meal for the entire family of each child participating in Hot Meals & Homework.

Primary Goals

- Strengthen academics in children whose educations have likely suffered from the instability of housing transitions
- Maintain an emotional support system for formerly homeless children through mentorship and consistency
- Create a positive social environment for children who have common life experiences
- Provide access to cultural resources to children who may not otherwise be exposed

“ Hot Meals & Homework is about cooperation and understanding. The kids know they have someone to trust and open up to when they arrive. It is about helping the kids with homework and so much more. The time is also spent getting to know them and letting them have an outlet to talk and feel comfortable with others. ”

- Jessie Winship, Tutor

Why we need your help

- Children who are homeless are four times more likely to be developmentally delayed and twice as likely to repeat a grade in school (National Center on Family Homelessness, 2009).
- Each year that a student must repeat a grade costs taxpayers \$9,132 per student (FY2007 estimate, Norfolk Public Schools).
- In Virginia, less than 25% of children who are homeless graduate from high school.* Lacking a high school diploma in Virginia translates into a collective loss of \$310 million dollars in lifetime earnings and a loss of \$200 million in contributions to our state (National Center on Family Homelessness, 2009).
- More than 1.5 million children are homeless annually in the United States (National Law Center on Homelessness & Poverty, November 2009). 18,214 of them live in Virginia (National Center on Family Homelessness, 2009). Nearly one third of those live in Hampton Roads.

These are the overwhelming facts that drive the ForKids mission of breaking the cycle of homelessness and poverty in families and children. We are committed to designing solid educational and enrichment programs that provide support and guidance to the children who are living in our shelters and to those who have exited to housing but whose stability remains threatened. Our Children's Services programs provide security to many children who may have experienced a lifetime of transition and uncertainty. We fundamentally believe that educational opportunity is essential if the children in our care are going to succeed.

*See "The Consequences of Dropping Out of High School" (attached).



One in 37 children in Virginia
do not know where they will
get their next meal.

(National Center on Family Homelessness, 2009)

Restaurants

MAKE A MEAL. FEED A MIND

“The new research shows that the effect of food can be direct on the brain, and that it can be directly related to mood and behavior,” Fernando Gomez-Pinilla, principal investigator for the Neurotrophic Research Laboratory at the University of California-Los Angeles. “Food and Mood: New research centers on link between nutrition and brain function,” The Boston Globe, December 7, 2009.

Together with ForKids, you are offering the support that gives opportunities to some of our most vulnerable children through your participation in Hot Meals & Homework. Four nights a week, formerly homeless children, now in our Aftercare programs, come to the Marie and Paul Finch Center for Families and Children on Colley Avenue in Norfolk for two hours of mentoring and tutoring provided by Children’s Services staff and community volunteers. Thanks to you, the children take home a meal for their entire family to enjoy.



“ (I like coming to Hot Meals and Homework because of) the tutors that are here, having a lot of fun here, and the dinners we get to take home. ”

- Dante

what you do:

- Commit to a weekday, once a month September – May
- On your scheduled day, prepare meals for five families of four
- Prepare an invoice so that we can send you a receipt for your tax records (the Fair Market Value of your contribution is fully tax deductible)

Our Hot Meals & Homework coordinator will contact you the day before (or Friday before) as a reminder, and our driver will pick up the food around 5:00 p.m. on your committed day. We will also include your restaurant logo and a link to your restaurant site on our Hot Meals & Homework Web page and recognize your participation in our publications and marketing materials.

“ It makes me feel stronger, makes my brain feel stronger. ”

- Capri

Who are our restaurant partners?

HOT MEALS & HOMEWORK 2009-2010 PARTICIPANTS

Baker's Crust Bread Market

www.bakerscrust.com
330 W 21st St.
Norfolk, VA 23517
(757) 625-3600

Brutti's Restaurant and Catering

www.bruttis.com
467 Court St.
Portsmouth, VA
757-393-1923

O'Sullivan's Wharf

www.osullivanswharf.com
4300 Colley Ave.
Norfolk, VA 23508
(757) 423-3746

Orapax

www.theorapax.com
1300 Redgate Ave.
Norfolk, VA 23507-1333
(757) 627-8041

Westminster-Canterbury

www.wcbay.com
3100 Shore Dr. # 305
Virginia Beach, VA 23451-1159
(757) 496-1348

37th and Zen

www.37nzen.com
1083 W 37th St.
Norfolk, VA 23508
(757) 533-5151

Red Dog

maxonwheels.com
1421 Colley Ave.
Norfolk, VA 23517
(757) 625-0259

Gourmet Gang

www.gourmetgang.com
482 E Main St.
Norfolk, VA 23510
(757) 640-1065

St. Paul's Episcopal Church

www.saintpaulsnorfolk.com
201 Saint Paul's Blvd.
Norfolk, VA 23510-2790
(757) 627-4353

Baron's Pub & Restaurant

www.baronspub.com
500 High St.
Portsmouth, VA 23704
(757) 399-4840

Colley Cantina

www.colleycantina.com
1316 Colley Ave.
Norfolk, VA 23517-1704
(757) 622-0033

San Antonio Sam's Texas Grill

www.sanantoniosams.com
1501 Colley Ave.
Norfolk, VA 23517-1707
(757) 623-0233

Here's What's Cooking

2632 Battlefield Blvd.
Chesapeake, VA 23322-2211
(757) 421-7090

Coastal Catering Co.

www.coastalcateringcompany.com
4216 Virginia Beach Blvd.
Virginia Beach, VA 23452-1297
(757) 486-0035

HK on the Bay

www.hknorfolk.com
4600 Lookout Rd.
Virginia Beach, VA 23455
(757) 605-3022

Taste Unlimited

www.tasteunlimited.com
1619 Colley Ave.
Norfolk, VA 23517
(757) 623-7770

Baxter's Sports Lounge

www.baxterssportslounge.homestead.com
500 Granby St.
Norfolk, VA 23510-1902
(757) 622-9837



ForKids

Help Us Help Homeless Families

Breaking the cycle of homelessness and poverty for families and children

Founded in 1988, ForKids provides for the education, well-being, and health of approximately 150 homeless families with 300 children from Norfolk, Virginia Beach, Chesapeake, Portsmouth, Suffolk, and Western Tidewater each day. Wrap-around services provide these families with the opportunity to end the cycle of homelessness and poverty by addressing and conquering issues such as domestic violence and mental illness. ForKids operates two emergency shelters that allow up to a four-month stay; transitional housing where families can stay for up to two years if needed; permanent supportive housing for families with chronic mental and/or physical disabilities; and in-home housing stabilization case management for families living throughout the community who have been, or are at risk of becoming, homeless.

FORKIDS' PROGRAMS

Families enter our residential programs in a fragile state; their acute needs include chronic hunger, disabilities, domestic violence, mental illness and housing-related debt. In addition, the current economic crisis has created a new reality, homelessness and threats of homelessness are no longer conditions faced solely by the poor, uneducated, and unemployable. Homelessness has gone mainstream and is bringing in its wake an entirely new class of needy—those who have always been self-sufficient, stable, and financially solvent.

ForKids has developed a unique Continuum of Services to meet the wide spectrum of need found in homeless families. Throughout all our programs the focus is on developing self-sufficiency through **case management, counseling, life skills education, children's services, mental and physical health care services, transportation and childcare. In addition, our extensive Children's Services program targets the intellectual, emotional, social and developmental well-being of our children, with the goal of preparing them for success in school and independent futures.** We believe in providing opportunities – not handouts.

Haven House & Suffolk House Emergency Shelters: Up to 20 families with 40 children live in ForKids Emergency Shelters each day. In the shelters service teams work with each family to identify emergency needs, develop service plans to address those needs, and find solutions to critical housing barriers such as landlord debt, housing judgments and utility debt. Families may stay in emergency shelter for up to 120 days as they gain essential skills and work toward self-sufficiency. 81% of the families leaving Haven House and Suffolk House exited to permanent or transitional housing.

Morgan Place & Elizabeth Place Transitional Housing: For families with significant housing barriers our transitional housing programs provide the essential time and intensive services needed to stabilize employment, mental health, continue education, and reduce debt. Families work through a 90-day services plan which addresses housing barriers and develops

long-term workable solutions to entrenched poverty and homelessness. 12 families with 24 children live in individual family apartments each night. 80% of families leaving Morgan Place or Elizabeth Place exited to permanent or transitional housing.

Legacy Permanent Supportive Housing (PSH): Legacy provides a safe home and support services for 10 families with 20 children when a parent is disabled and always needs services to remain stable. This positive, family-centered alternative to relegating children of disabled parents to the foster care system provides an opportunity for children to grow and develop in a safe and supported atmosphere. 72% of Legacy children improved their grades in school, 100% advanced toward developmental milestones, and 100% of families who left exited to permanent housing.

Aftercare: When families leave ForKids residential programs, a case manager continues to provide critical support to help stabilize housing. In addition to services for parents, 40 children receive tutoring through our Hot Meals & Homework program. These children, who require intensive educational support to overcome the effects of long-term poverty and lack of stable housing, are paired with community volunteers who work with them on a weekly basis to meet educational goals. 61% of children attending Hot Meals and Homework improved their grades or maintained a passing grade of 2.0 or higher.

In-Home Housing Stabilization Services: In response to the need for case management services for overflow families who cannot be housed in our residential programs, and for families at risk of becoming homeless, we have developed In-Home Housing Stabilization Case Management. Under contract with the Cities of Norfolk, Suffolk and Chesapeake, and utilizing funds provided through the stimulus package Homeless Prevention and Rapid Rehousing Program (HPRP), in FY10 we will provide case management services to an active case load of 250 families living in our community who have been affected at the most basic level by the economy – their homes. 91% of families remained stably housed at year end.

24-Hour Homeless Emergency Response Hotline: Staff are available by phone 24/7 in both Norfolk and Suffolk to help homeless families access resources and meet emergency needs.

ForKids is currently serving **140+** families with **280+** children each week (Residential: **40** families with **80** children each night; Non-residential: **100** families with **200** children).

For more information, please visit our website at www.homesforkids.org.