



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
Now in Norfolk and Chesapeake, [Coming soon to Western Tidewater]

Program Description

Hot Meals & Homework is ForKids' afterschool tutoring program currently serving 50 - 55 children per week who have exited from our shelters or housing programs. Four nights a week, volunteer tutors come to one of several ForKids locations to provide one-on-one tutoring and mentoring, as well as assistance with cultural and arts enrichment activities to the children in our after-care 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

- Measurably enhance skills in the areas of Math and Reading
- Improve classroom behavior and overall authoritative and peer respect
- Maintain an emotional support system for formerly homeless children through mentorship and consistency
- Create a positive social environment for children who have common traumatic life experiences
- Provide access to cultural resources to children who may not have access and exposure due to a transient lifestyle

“ 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 – June
- On your scheduled day, prepare meals for six families of five
- 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 as a reminder, and our driver will pick up the food around 5:30 p.m. - 6:00 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 2010-2011 PARTICIPANTS

NORFOLK

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

Cogan's Pizza

www.coganspizza.com
1901 Colonial Avenue
Norfolk, VA 23517
(757) 627-6428

East Coast Catering

HK on the Bay

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

No Frill Bar & Grill

www.nofrillgrill.com
806 Spotswood Avenue
Norfolk, VA 23517
(757) 627-4262

O'Sullivan's Wharf

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

Red Dog

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

St. Paul's Episcopal Church

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

Westminster-Canterbury

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

Baxter's Sports Lounge

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

Coastal Catering Co.

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

Colley Cantina

www.coganspizza.com
1316 Colley Avenue
Norfolk, VA 23517
(757) 622-0033

Gourmet Gang

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

Mama Jo's Pizza

http://mamajospizza.com
4111 Colley Ave.
Norfolk, VA 23508
(757) 423-0028

Norfolk Academy

www.norfolkacademy.org
1585 Wesleyan Drive
Norfolk, VA 23502-5591
(757) 461-6236

Press 626 Café & Wine Bar

www.press626.com
626 West Olney Road
Norfolk, VA 23507
757.282.6234

San Antonio Sam's Texas Grill

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

The Taphouse

www.myspace.com/thetaphouse
931 West 21st Street
Norfolk, VA 23517
(757) 627-9172

CHESAPEAKE

Baker's Crust Bread Market

www.bakerscrust.com
1244 Greenbrier Parkway
Chesapeake, VA 23320
(757) 547-2787

Carrabbas

www.carrabbas.com
1217 Battlefield Boulevard North
Chesapeake, VA 23320
(757) 382-0337

Jason's Deli

www.jasonsdeli.com
725 Eden Way North, Suite # 714
Chesapeake, VA 23320
Phone: 757-382-0889

Winston's Cafe

www.winstonscatering.com
1412 Greenbrier Pkwy
Chesapeake, VA 23320
Phone: 757-636-0287

"The Consequences of Dropping Out of High School"

CENTER FOR LABOR MARKET STUDIES, NORTHEASTERN UNIVERSITY, BOSTON, MASSACHUSETTS
OCTOBER 2009

Employment and Income

- Slightly less than 46 percent of the nation's young high school dropouts were employed on average during 2008, implying an average joblessness rate of 54% for the nation for young high school dropouts (41 percentage points below their peers who held a four year college degree).
- Young high school dropouts living in low income families (annual income under \$20,000) were least likely (38%) to be employed in 2008.
- In 2007, 40% of young high school dropouts were unemployed. Eighty to eighty-nine percent of their better educated peers—high school graduates and those completing at least some post-secondary schooling—were employed.
- The mean annual earnings of the nation's young dropouts in 2007 were only \$8,358, well below the average of \$15,149 for all young adults and \$24,800 for those with a bachelor's degree.

Teen and Young Adult Parenting

- Young female dropouts were six times as likely to have given birth as their peers who were college students or four year college graduates.
- Young high school dropouts were nearly 9 times more likely to have become single mothers as their counterparts with bachelor degrees.

Incarceration

- The incidence of institutionalization problems (jails, prisons, juvenile detention centers) among young high school dropouts was more than 63 times higher than among young four year college graduates.
- Nearly 1 of every 10 young male high school dropouts was institutionalized on a given day in 2006-2007 versus fewer than 1 of 33 high school graduates and 1 of 500 men who held a bachelor's degree. (Approximately 23 of every 100 young Black male adults were institutionalized versus 6 to 7 of every 100 Asians, Hispanics, and Whites.)
- For all young males, high school dropouts were 47 times more likely to be incarcerated than their similar aged peers who held a four year college degree.

Poverty in Housing

- In 2006-2007, nearly 37 of every 100 dropouts were living in poor/near poor families (under 125% of the federal government's official poverty income thresholds). The nation's young high school dropouts were nearly four times as likely as their peers with a bachelor's degree to be living in a family's considered poor /near poor.
- Fifty-eight percent of young dropouts were living in low income families.

Financial Cost to Society

- Over their working lives, the average high school dropout will have a negative net fiscal contribution to society of nearly -\$5,200 while the average high school graduate generates a positive lifetime net fiscal contribution of \$287,000.
- The average high school dropout will cost taxpayers over \$292,000 in lower tax revenues, higher case and in-kind transfer costs, and imposed incarceration costs relative to an average high school graduate.