



SPRING 2023 FEEDING THE HOOD (FTH) PROGRAM DESCRIPTION

16 Days, Most Thursdays, 5:00pm – 6:00pm, Garden City Apartments

1.) 1/19/23	9.) 4/6/23
2.) 1/26/23	10.) 4/13/23
3.) 2/2/23	11.) 4/20/23
4.) 2/16/23	12.) 4/27/23
5.) 2/23/23	13.) 5/4/23
6.) 3/9/23	14.) 5/11/23
7.) 3/23/23	15.) 5/18/23
8.) 3/30/23	16.) 5/25/23

Program Goal

To serve low-cost, fresh, healthy and warm meals on 16 days between January and May of 2023 to approximately 100 underserved and impoverished Black, Immigrant, People of Color (BIPOC) youth and their families who reside at Garden City Apartments in the Acres Home area of Houston, TX.

Healthy Meal Options

(Prepared by AA Staff, Trusted Volunteers and/or A Local Restaurant)

- Spaghetti and meatballs with slice of wheat bread
- Baked chicken with rice and vegetables
- Turkey Burger with fresh fruit and granola bar
- **Non-Healthy Meals Will Not Be Served ***
- Sloppy Joes ([Nutrition Information for Sloppy Joes](#))
- Frito Pie ([Nutrition Information for Frito Pie](#))
- Hamburger Helper ([Nutrition Information for Hamburger Helper](#))

Note: While these non-healthy meals are cost-effective, easy to prepare, and may taste good, research shows that their ingredients place children and adults at high risk for developing health complications, mainly due to their high fat, calorie, and sodium count. For these reasons, Aknew Approach, Inc. will no longer serve them to its community.

Program Location & Address

Garden City Apartments, The Pavilion (9601 W Montgomery Rd., Houston, TX)

General Program Schedule

4:30pm – 5:00pm: Staff Arrival / Set-up Time