

FUELING SUMMERTIME FOR CHILDREN

Every child deserves to grow up healthy and strong, yet 1 out of 5 kids in Southeastern Michigan struggle to access nutritious foods, and only 1 in 6 parents nationwide say their child's diet is healthy.



Half a million Michigan children receive nutritious free and reduced-price meals during the school year, yet only 17 percent of those kids access summer meals because families still don't know these meals are available, or can't access them.

Together, with your help, we can change that.

United Way for Southeastern Michigan is committed to improving children nutrition programming in our region.

One of our signature programs, Meet Up and Eat Up, aims to increase food access and raise nutrition standards at summer meal sites. Through Meet Up and Eat Up, more children are able to access meals during the summer and get physical activity and nutrition education.

We're also expanding our work to include improving school breakfast participation, and hosting nutrition classes for parents like Macomb County mom Laura Gulas, who received support to help her daughters grow into healthy eaters.

Your support of United Way means more families have resources to help their children grow up healthy and strong.

[Read more at UnitedWaySEM.org/HealthyFamilies](http://UnitedWaySEM.org/HealthyFamilies)



“
It doesn't matter what culture you are from — you want your kids to be healthy.
”
-Laura Gulas, Macomb County mother, Chilean immigrant and United Way Healthy Parents workshop attendee



families connected with their Meet Up and Eat Up site in 2016



716 Meet Up and Eat Up summer meal sites.



of summer meals served in our region are from United Way partners

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UNITEDWAYSEM.ORG

United Way brings diverse groups together to accomplish what no single organization can do alone. Together, we're improving lives and empowering every family to succeed by uniting around Education, Economic Prosperity and Health — the cornerstones of a strong, equitable community.

100 YEARS

 United Way for Southeastern Michigan