



Meals and More: Community Resources for Children and Families

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COMMUNITY PARTNER

Community Partner: St. Christopher's Hospital for Children- Summer Meals Program and CAP4Kids
St. Christopher's Hospital for Children, located in North Philadelphia, provides a variety of medical and social services to the community.

The Children's Advocacy Project of Philadelphia, CAP4Kids, developed by Dr. Daniel Taylor, connects healthcare workers, social workers, child advocates, parents, and teens to community resources to address the social determinants of health. The website contains current information about after school and camp programs for children, legal services, immigration and refugee services, housing and utility resources, financial assistance programs, education resources, etc., aimed at decreasing barriers to good health and improving the lives of children and their families.

Website: cap4kids.org/philadelphia



PROJECT

- **Summer Meals Program**
 - Distributed 7-day meal kits at St. Christopher's Hospital for Children to children and teens
 - Each kit had 7 days worth of breakfasts and lunches and a gallon of milk
 - Meals were provided by Nutritional Development Services of the Archdiocese of Philadelphia as part of their Summer Meals Program
- **CAP4Kids of Philadelphia**
 - Verified the contact information of over 500 community organizations, programs and websites
 - Updated handouts and resource guides for families
 - Identified additional resources to include on site

REFLECTION

Spending the summer as a BTG CHIP intern with CAP4Kids and the Summer Meals Program was an incredibly enriching and rewarding experience. The CAP4Kids website helped me to gain an understanding of the specific social factors that affect Philadelphia families, as well as what resources and programs are available to aid them, knowledge that will allow me to better support future patients. I am grateful to have had the opportunity to work directly with community members and even hear from some families about the positive impact of the meal distribution and accessibility of this site. These interactions and my role in helping to bring such necessary resources to children and their families has been so special for me and helped me to become more connected with the community in Philadelphia.

PROJECT RESULTS

- Over 1000 meal kits and gallons of milk distributed to children and teenagers
- Modified and distributed a flyer with various resources for families in Philadelphia
- Created a flyer with a QR code to the CAP4Kids site
- Physical Health Resources page for easy access to oral health and smoking cessation resources
- Updated career and education resources guide for teens

Summer Resources Newsletter

Fun ways to help young children learn and stay healthy

Brightly Text: Free, FUN Parenting TIPS -> Text BRIGHT to 274 448

Go Noodle: Fun games/songs to burn energy in kids!

-> Family goonoodle.com

Cosmic Kids Yoga: youtube.com/user/CosmicKidsYoga

Khan Academy Kids: Free, fun, educational app for 2-7 year olds

Download from your app store

Storyline: Celebrates reading children's stories storyonline.net

Free Library of Philadelphia -> all ages!

Virtual storytimes/book clubs, digital resources,

music sessions, outdoor storytimes/yoga, cooking

classes, movie viewings, ETC

Fun things to do in Philly

Teen Job Info: WorkReady.org

Summer Camps

Resources for Teenagers

Mindfulness and Meditation

Other Resources for Parents

Philly Hopeline:

If you are feeling lonely, stressed, sad, angry, or confused, access free mental health

counseling here -> Upititphilly.org

Call or text 1-833-PHIL-HOPE

For mental health crisis, text PA to 741-741

Have a wonderful summer!

For FREE information about education, mental health, housing, immigration and MORE!!

cap4kids.org/philadelphia

Food Resources

Scan with your camera app to view these resources & more on Cap4Kids.org

Oral Health and Dental Resources in Philadelphia
Listings of local dentists, dental handouts, and more.

Asthma Resources
Information about asthma and how to manage it.

Smoking Cessation Resources
There are a variety of resources available if you are ready to quit smoking, including:
Free Quitline: 1-800-QUIT-NOW (1-800-784-8669)
SmokeFreeTXT: Text "QUIT" to 47848

Other FREE resources include: Eye Care, Gym Memberships, Mindfulness and Meditation, Reproductive Health, and MORE!!



SCAN ME



Career Training and Employment Resources for Teens

Job Opportunities

Name	Type of Program	Phone/Website
Philadelphia Youth Network	Youth Employment and Educational Achievement Summer Jobs	267-502-3800 www.pyrninc.org
City Year Philadelphia	18-25 year olds; 1 year of service to community	215-988-2118 www.cityyear.org/philadelphia
City of Philadelphia	Jobs for the City	215-686-0880 www.phila.gov/personnel
Cap4Kids Employment Info	Listing of Jobs and Training Resources	cap4kids.org/philadelphia

Career Training Resources

Name	Types of Study	Phone/Website
Orleans Technical College 2770 Red Lion Road Philadelphia, PA 19114	Building Trades Construction Trades	215-728-4700 www.orleanstech.edu
Prism Career Institute 8040 Roosevelt Blvd. Philadelphia, PA 19152	Practical Nursing	1-888-854-1102 www.prismcareerinstitute.edu
All State Career Health Sciences Campus 50 W. Powhattan Ave., Essington, PA 19029	Dental Hygiene EMT Dental Assisting Medical Assistant Medical Billing and Coding	888-872-4618 610-362-1124 www.allstatecareer.edu