



BOYS & GIRLS CLUB
OF PAWTUCKET

Case Statement: Healthy Lifestyles

The best way to predict the future is to create it. At the Boys & Girls Club of Pawtucket, we are creating a new and brighter future for thousands of young people. We help young people ages 6-18 to reach their full potential through a program of youth development that emphasizes career and academic preparedness, healthy lifestyles, confidence through the arts, and character and good citizenship. Our vision is to inspire and enable the young people of Pawtucket and surrounding communities, especially those with greatest need, to realize their full potential as healthy, productive, responsible, and caring citizens. We offer programming each weekday after school to a membership that is approximately 4,000 strong. Each day anywhere from 300 to 450 kids come to our Club. Membership is open to all young people and costs only \$40 per child, per year.

The need for an Out-of-School Time Program that supports the physical health and nutrition of local youth is strong.

- **31% of children in Pawtucket and 42% of children in Central Falls live in poverty.**
- **85% of our members qualify for free or reduced lunch.**
- **11% of households in Rhode Island have low food security, and nearly half of those households have very low food security, or extreme cases of hunger.**

Meet Louis, an inspiration within the program.

Louis started coming to the Club when he was 13 years old (and he is now 16). He played basketball in middle school. When he heard about the Boys & Girls Club of Pawtucket, he knew the gym and staff would provide him with opportunities to practice and ask for help. When he first came to the Club he weighed ~250lbs. Every time he came in he made it a point to get into the gym, ask staff about weight-control, and set goals he felt he could accomplish. Louis currently weighs in at ~180lbs, and, more importantly, he's happy. He's eating more fruits and vegetables, and started taking advantage of the Club's cardio and conditioning classes. In his own words, "BGC has helped me change for the better. The Club has opened my eyes to all of the beautiful, healthy-colored foods the world has to offer!" Louis now plays basketball for the Special Olympics Unified Basketball team as well as his high school team.

With the support of our community, and potential donors like you, we can improve the lives of our members. **To-date, Stop & Shop's Our Family Foundation has given the Boys & Girls Club of Pawtucket \$600,000 and numerous in-kind gifts to support Healthy Lifestyles programming.**

The data analysis of our statistical outcome measures demonstrates the Club-wide impact that staff, community support, and programs have on our members. **Since 2018, all but one of our Healthy Lifestyles measurements has improved. Members are drinking more water, are more physically active, and are eating more fruits and vegetables.**

When you make an investment in the Boys & Girls Club of Pawtucket, you change the future for thousands of young people like Louis. Please consider joining us as a catalyst for community change with your thoughtful investment in youth. Every child deserves a great future – with a safe place to go and the support to successfully progress through school and graduate with a viable plan. Your gift to the Boys & Girls Club of Pawtucket makes this possible!