

# What is HUNGER?

**Did you know?** 1-in-5 children in North Carolina lives in a household that is forced to reduce food intake, alter normal eating patterns, or go hungry because they lack the money or resources to obtain adequate food.

- **That could mean that over 48,000 4-H'ers are HUNGRY right now!**

## What is Hunger?

- Hunger, also known as food insecurity, is a household-level economics and social condition of limited resources.
- Families who have access at all times to enough food for an active, healthy life are considered food secure.
- Those who experience reduced and / or suffer with poor food quality due to insufficient financial resources or access to quality food are considered food insecure.

## Food Insecurity & Poor Health

- Hunger and food insecurity challenge the well being of children, adults, families and communities.
- Pregnant women are more likely to give birth to low-weight babies.
- Children are more likely to have medical and behavioral problems, do poorly in school, require more hospitalizations and are more likely to develop chronic diseases as adults.
- Among the elderly, food insecurity intensifies acute chronic diseases and speeds the onset of degenerative disease, leading to decreased quality of life(1).

## Obesity & Food Insecurity

- Research has shown a direct correlation between food insecure households and obesity. Some research shows that trade-offs are often made between food quality and food quantity; when financial resources are stretched, families buy less expensive, less nutritious foods which are often higher in sugar and fat.
- Obesity is also proposed as a result of cyclic access to food supplies. When financial resources become available such as the beginning of the month, family members may overeat and binge to compensate for when food was unavailable.
- Research also shows that obesity rates are higher in areas that have lower property values. Low income demographic areas typically have limited access to grocery stores with fresh, affordable produce and other nutritional foods.

## How Can YOU Help?

- Please consider hosting and / or participating in a healthy food drive (virtual or real).

## What is a Healthy Food Drive?

- A healthy food drive is the collection of canned / preserved food with the emphasis on the collection of foods that are reduced in fat, sugar and sodium. Examples of healthy food items include: canned meats (especially tuna in water), canned fruit in light syrup, no sugar added apple sauce, dried fruits, 100% juice drinks, peanut butter, low sodium soups, granola bars, whole grain cereals, no salt added vegetables, and whole wheat pastas. Emphasis should be on collecting healthy foods that can be prepared in kitchens with modest preparation equipment.

(1) Curtis, Shelley. Food Insecurity: Family Problem. Community Challenge, Northwest Public Health Spring/Summer 2008. pp. 10-11.

# Hunger in NC Statistics & Important Information

A new report by the USDA (<http://www.ers.usda.gov/Publications/ERR83/ERR83.pdf>) shows that food insecurity - the inability to provide enough food for a household - is at an all time high in the United States.

In North Carolina, the situation is even worse, with the Tar Heel state tied for the fastest-growing rate of food insecurity in the U.S. An astonishing 49 million Americans lacked dependable access to adequate food in 2008. Nearly 17 million children are in families in which food runs short, and almost 1.1 million children are sometimes outright hungry. Nationwide, 12.2 percent of families experience low or very low food security.

North Carolina's rate of food insecurity is well above the national average, with 13.7 percent of North Carolina households - about one in seven - experiencing low or very low food security.

North Carolina's food insecurity rates are also growing as fast as any other state. From 1996-2008, the report shows, North Carolina's rates of food insecurity grew 3.9 percent. This ties the state with Maine and Missouri for the fastest-growing rate.

The Feeding America food banks in NC cover all 100 of the state's counties and provide food assistance for an estimated 1,434,700 different people annually.

- Approximately 170,200 different people receive emergency food assistance in any given week. This is the equivalent to the entire current enrollment of all 16 colleges and universities that make up the University of North Carolina System, plus the entire student body at Wake Forest, Duke and Davidson.
- Among those served by our state's food banks, 30% of all household members are children under the age of 18 and over 16% are senior citizens.
- The majority of adults served by North Carolina's Feeding America food banks' are women (62%).
- 33% of all households served by our state's food banks had one or more adults working.
- The face of clients served by our state's food banks are diverse. Of all adult clients, 28% are white, 60% African American and 7% are Hispanic.
- Reflecting the still growing unemployment crisis, 16% of adults seeking emergency food assistance have been unemployed for less than 6 months and 12% of adults seeking emergency food assistance have been unemployed for 1-2 years.
- Clients households seeking emergency food assistance are forced to make choices between food and:
  - ◊ Other basic necessities including utilities or heating fuel (42%)
  - ◊ Rent or mortgage (35%)
  - ◊ Transportation (38%)
  - ◊ Medicine or medical care (38%)

Volunteers are the lifeline of the NC Feeding America food bank's network. Approximately, 68% of food pantries and 39% of soup kitchens rely solely on volunteers with no paid staff.

# Feeding America NC Food Banks by Region

## Second Harvest Food Bank of Northwest NC

Alamance	Alexander
Alleghany	Ashe
Caswell	Caldwell
Davidson	Davie
Forsyth	Guilford
Iredell	Randolph
Rockingham	Stokes
Surry	Watauga
Wilkes	Yadkin

## MANNA Food Bank

Avery	Buncombe
Cherokee	Cherokee Res.
Clay	Graham
Haywood	Henderson
Macon	Madison
McDowell	Mitchell
Polk	Swain
Transylvania	Yancey

## Second Harvest Food Bank of Metrolina

Anson	Burke
Cabarrus	Catawba
Cleveland	Gaston
Iredell	Lincoln
Mecklenburg	Montgomery
Rowan	Rutherford
Stanly	Union

## Food Bank of the Albemarle

Beaufort	Bertie
Camden	Chowan
Currituck	Dare
Gates	Hertford
Hyde	Martin
Northampton	Pasquotank
Perquimans	Tyrrell
Washington	

## Second Harvest Bank of Southeast NC

Bladen	Cumberland
Duplin	Harnett
Hoke	Robeson
Sampson	

## Food Bank of Central and Eastern NC

Bruswick	Carteret	Chatham	Columbus	Craven
Duplin	Durham	Edgecombe	Franklin	Granville
Greene	Halifax	Johnston	Jones	Lee
Lenior	Moore	Nash	New Hanover	Onslow
Orange	Pamlico	Pender	Person	Pitt
Richmond	Sampson	Scotland	Vance	Wake
Warren	Wayne	Wilson		

\*Some counties are serviced by two

Feeding America Food Bank Affiliations.



# Suggested Healthy Food Donations



## **Fruits**

- Canned Fruit in light syrup or in own juices
- No sugar added applesauce
- Dried Fruits, raisins
- 100% fruit juice
- Low sugar fruit spreads

## **Dairy**

- Powered milk
- Shelf stable milk or soy milk (in a box)
- Fat free / Sugar free pudding
- "Velveeta" like cheese

## **Grains**

- Brown or wild rice
- Whole grain pastas or noodles
- Whole grain / bran cereals
- Low fat all purpose mixes
- Plain or low sugar oatmeal
- Reduced fat whole grain crackers
- Granola bars
- Low fat graham crackers / animal cookies
- Low fat cookies / muffins
- Trans fat free tortillas

## **Meat/Poultry/Fish/Beans/Nuts**

- Canned tuna (in water)
- Canned chicken
- Packaged, shelf stable, chicken or turkey
- Packaged, shelf stable, fish or seafood
- Canned or dried beans
- Low sodium broth or bean soups
- Low fat, low sodium cream soups
- Unsalted nuts
- Peanut butter

## **Vegetables**

- Low sodium or no-salt added canned vegetables
- Low sodium canned tomato products or juices
- Canned white or sweet potatoes
- Boxed powered or baked potatoes (no additives)
- Salsa (canned)
- Shelf stable canned pasta sauces, low sodium

## **Spices**

- Olive Oil
- Canola Oil
- Basil
- Cinnamon
- Chili Powder
- Cloves
- Dill weed/seed
- Garlic
- Ginger
- Nutmeg
- Onion
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Pepper

**No Glass, please.**