

# Hunger Education Toolkit



Let's learn  
about  
Hunger!

## What is the difference between a food bank and a food shelf?

### A Food Bank...

solicits, collects, stores, repackages and distributes large quantities of food to direct food service programs. Food banks do not give food directly to needy people. The Channel One Food Bank is one of six food banks serving Minnesota and a member of Feeding America, the national network of food banks.



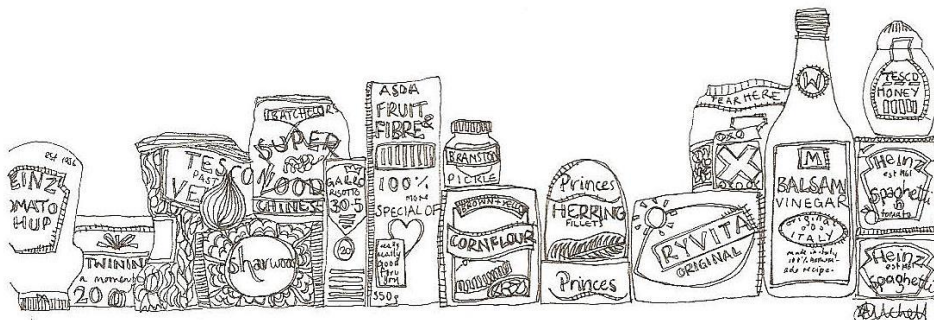
### A Food Shelf...

is a local, non-profit community agency that directly provides bags or boxes of food to needy people in its area for home preparation and consumption. A food shelf may obtain food from the food bank, from individual donations in its community, and through wholesale and/or retail purchase. Food shelves provide food directly to those who may not have enough food to eat. Food shelves are an important source of emergency food for the working poor and they often provide other critical resources.

Channel One also operates several satellite food shelves throughout Olmsted County. Satellite food shelves serve people in Byron, Stewartville, Northwest Rochester, and downtown through a partnership with The Salvation Army.

### Who Does the Food Shelf Serve?

- Seniors and individuals with physical or mental-health disabilities
- Working families and individuals
- People in times of crisis due to job loss, medical problems, or personal disaster



## 2009 Minnesota Hunger Fact Sheet

- In 2008, there were 2.3 million food shelf visits statewide, and food shelf usage continues to climb. 54 million pounds of food were distributed to Minnesota families by food shelves.
- Food shelf usage in the state has not declined since 1999. It is estimated that Minnesota food shelves are serving double the number of people they served in 1999.
- 992,750 Minnesotans live in households struggling to put food on the table.
- Hunger touches people of every age: 56 percent of food shelf visitors are families with children and 20 percent are seniors.
- More than 50 percent of adult food shelf visitors are employed, and in the Twin Cities suburbs alone, the working poor make up 60 percent of the people who use food shelves. 2/3 of food shelf visitors make less than \$1,000 a month, not enough income to cover their basic needs.
- Hunger hurts every day: of those who use Minnesota's food shelves, 47 percent of adults and 14 percent of children skip meals to stretch their family budget.
- Nearly ¾ of food shelf visitors live in unaffordable housing, half spend more than 50 percent of their income on housing, and 1.4 spend between 30-50 percent of their income on housing.
- Since 2000, the number of Minnesota children living in extreme poverty has doubled- Minnesota's children are growing poorer faster than the nation's children overall.
- There are more than 300 food shelves in Minnesota, serving every county in the state.

Sources: The State of Hunger in Minnesota (2005): Hunger Solutions Minnesota/Wilder Research; Survey of Food Shelves (2006): Hunger Partners; Quarterly food shelf reports, (2008); State of the States (2007); Food Research and Action Center; Children's Defense Fund Minnesota, (9/07)



## Channel One Food Bank - Southeastern Minnesota and Western Wisconsin Facts

- The Channel One Food Bank works in partnership with over 180 non-profit feeding programs throughout our 14-county service area.
- Channel One Food Bank serves 45 food shelves in our service area.
- Last year the food bank distributed over 6.2 million pounds of food. Eighty percent of the food is distributed to food shelf programs, while the remaining 20% is distributed to other partners.
- Throughout our entire service area, over 40,000 people receive food from Channel One or one of our agency programs.



## Channel One Supplemental Food Shelf – Olmsted County

- The Channel One Food Shelf receives an average of 3,500 household visits each month. That represents nearly 15,000 individuals in Olmsted County.
- Over the past year, we have seen an increase of up to 40% in Food Shelf usage.
- Families visit the shelf when they need to. Most come once a month, some others may only use the shelf once or twice throughout the year.
- The food shelf offers approximately a 5-day supply of supplemental food to help households stretch their monthly budgets.
- The vast majority of food that is distributed in the food shelf is industry and government donated food. Community food drive donations make up about 15% of the food that is distributed.
- The annual large food drives add a nice variety to the selection available in the food shelf. Those food drives include:
  - Scouting for Food – Gamehaven Council of Boy Scouts
  - Stamp out Hunger – National Assn. of Letter Carriers Food Drive
  - Student Food Drive
  - Minnesota FoodShare March Campaign
  - Holiday Food Drives throughout the community
- The Channel One Food Shelf is the third largest in the state, only two food shelves in the Twin Cities serve a higher volume of people.
- Channel One offers food shelf service through its main site in SE Rochester as well as satellites in Stewartville, Byron, Oronoco, NW Rochester, and in downtown Rochester at The Salvation Army. We also provide a food shelf distribution to senior high-rise apartments, and a delivery program for home-bound clients.

# Hunger Quiz

True or False?

1. One in eight Americans does not have access to enough food.
2. Most individuals struggling with hunger are homeless and out of work.
3. Very few children struggle with hunger because there are programs to take care of them.
4. Most people in low– income households would be fine if they just worked harder.
5. Even college-educated people struggle with issues of hunger in this country.
6. The lack of adequate nutrition only affects children’s physical growth.
7. In school, children from food insecure households perform just as well as children from food insecure households perform just as well as children who have enough nutrition daily.
8. More than 2 million rural households experience food insecurity.
9. Urban counties have the highest poverty rates in the United States.
10. More than 36 million Americans don’t have dependable, consistent access to enough food due to limited money and resources.



# Hunger Quiz Answers

1 – True. Not having access to enough food to sustain a healthy life is a reality for one in eight Americans, including children and seniors.

2 – False. Hunger is an issue for many people – not just the people who struggle with poverty and homelessness. Only 12% of the clients served by Feeding America are homeless.

3 – False. According to the USDA, more than 12 million children are living in food-insecure households. School lunch programs do help, but they don't solve the whole problem.

4 – False. 36% of households served by the Feeding America network include at least one adult who works.

5 – True. 26% of the adults interviewed during the Hunger Study have attended college or a technical school. Education is extremely important, but sometimes it's just not enough.

6 – False. The lack of adequate nutrition affects the cognitive and behavioral development of children.

7 – False. Children from food insecure, low-income households are more likely to experience irritability, fatigue, and difficulty concentrating compared to other children. This can make performing in school very difficult.

8 – True. More than 2 million rural households experience food insecurity – that means they don't have dependable access to enough food to sustain a healthy life.

9 – False. Counties with disproportionately high rates of persistent poverty are often rural, where it can be more difficult for food banks and food emergency assistance to support them effectively.

10 – True. According to the USDA, limited resources prevent more than 36 million Americans from getting enough food.

## What Can you do to Help?

Hunger is a choice no one should have to make and will not end without your action. All of our actions, even small ones, add up to make a big difference. Below is a list of takeaways—actions—that you can incorporate into your life right away to help end hunger and poverty in our world. Take some time to talk as a group about the items listed here. What can you do together? What can you do with the help of others? Who else could you invite to join you? This is certainly not a comprehensive list, and you may create a list of your own—GREAT!

Please share with us what you are doing to end hunger in our community. We would love to hear about your good work! Send an email to: [juliechristensen@channel-one.org](mailto:juliechristensen@channel-one.org).

### GIVE

- One is a BIG number  
Give to Channel One—contribute online, in person, or through the mail. For every \$1 donated, Channel One can provide 5 meals to those in need. Learn more at [www.helpingfeedpeople.org](http://www.helpingfeedpeople.org).
- Food  
Donate nonperishable food items to the food shelf.
- Harvest for the Hungry  
Plant an extra row in your garden for Channel One. Donate the extra produce to Channel One.

### ADVOCATE

- Power of the Pen  
Write a letter to your elected officials or to the editor of your local newspaper to express concern for those most in need and to encourage others to support public policies that help end poverty.

### EDUCATE YOURSELF AND OTHERS

- Connect with Others Who Care  
Join the Channel One Food Bank and Food Shelf Facebook Page or follow Channel One on Twitter.
- Read all about it  
Subscribe to Channel One's newsletter to learn how others in the community are helping to end hunger in southeastern Minnesota and western Wisconsin.

### VOLUNTEER

- Whether you give an hour or one hundred hours, your time is valuable and can help others in your community. Channel One has many volunteer opportunities in both groups and individuals. Surely, there is one that will fit with your schedule and interests.