

Face of Child Hunger



What do you see in these picture? Let me tell you a little something about each of these children.

Tell the stories behind each of these pictures explaining the hunger issue.

A preschool teacher learned very quickly that on the days a morning snack was served, young Ben was alert and ready to play and work, but when there was no snack he would sit with his head down and just could not pay attention. This reinforced to the teacher just how important having something to eat in the morning is for our children.

A foster mom encourages Tameeka to keep a memory box to save all of her important keepsakes, One day Tameeka shared what was in her memory box she has kept many items, a Kleenex her mom used at their last visit, a clothes pin doll with an ink drawn face. But the most precious keepsake was carrots, a biscuit and a cheese stick. Tameeka was the face of hunger and that impacted her personal security.

A colleague and I visited a Head Start Program the other day and happened to walk in to see all of the children sitting at the tables perfect well behaved. I turned to my colleague and asked "how on earth did the Teacher get these 3 year olds to sit so quietly?" My colleague answered "they are waiting for lunch...this is how children who really know hunger act."

Why are we here today?



We are here today to discuss the many faces of child hunger in Arizona and to hear from you what this looks like in your community. We are also here to explore ways to maximize access to, and use of, available resources to end child hunger.

So what does child hunger look like?

Would you be surprised to learn that the working family next door has needed an emergency bag of food several times in the last year?

Would it disturb you to know that the elderly couple across the street who are raising their grandchildren, rely on a monthly food box to have enough food?

Would it alarm you to discover that the single mother in the apartment across the hallway takes her family to a hot meal site when money runs out for groceries?

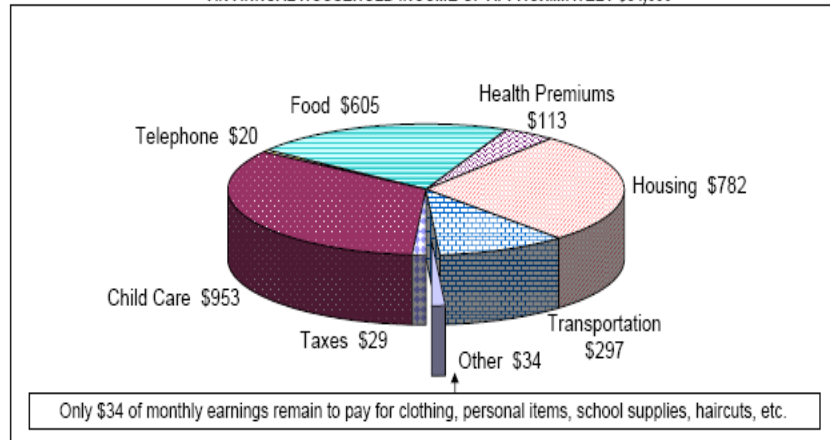
The faces of hunger do not look that different from your own. Hunger affects the young and old, the working poor and the unemployed, and women and men from all ethnic backgrounds.

Each one of us can do something to help end hunger. Our first focus is on our children.

Living on the Edge of Hunger

Many Working Families Struggle to Afford the Basics (2006)

MONTHLY EXPENSES FOR A MARRIED COUPLE WITH 2 CHILDREN -- A 3-YEAR OLD AND A 7-YEAR OLD
EACH PARENT WORKS FULL TIME AND EARNS \$8.17 PER HOUR FOR
AN ANNUAL HOUSEHOLD INCOME OF APPROXIMATELY \$34,000



Data provided by the Children's Action Alliance

This is a graph of a family that is financially insecure. As you will note this family of 4 has \$34 left after all basic expenses are paid. But what happens when the transmission on the car goes out? Where do you think the family budget will take the first hit – FOOD – When gas goes to \$4 a gallon what takes the hit – FOOD – what happens when the mortgage is adjusted up? What takes the hit ? FOOD

STORY

Johnny tells a story of watching his mom and dad come in tired from work to sit down and pay the bills, and dad says to mom "I got paid today, do I give all of it to the landlord or hold some out for groceries." Later, Johnny sees dad walk outside and through the window he watches his dad sob because there just never seems to be enough.

Hunger in Peoria, Arizona

- Is there hunger at Centennial High School in Peoria, Arizona?
- Here is what some students discovered when they asked the question.



Centennial High School Mascot

Hunger in our High Schools



After viewing the video – make the following statement

So...If they're not eating at school and there's no food at home, then what?

Consequences of Hunger and Food Insecurity for Children

- Health
- Social
- Academic



The consequences of hunger and food insecurity for children are severe.

Health:

Poorer overall health status, Hospitalized more frequently, Increased incidence of health problems such as stomachaches, earaches, colds and fatigue – Recent research shows young children from food insecure families are 90% more likely to suffer from poor or fair health and experience 30% higher rates of hospitalization than children in food secure families.

Social:

Difficulty interacting with other children, Increase need for mental health services, Experience anxiety, negative feelings about self-worth, and hostility towards the outside world Relative to other teenagers, food insufficient teenagers were almost twice as likely to be suspended from school, and twice as likely to have seen a psychologist according to a national study.

Academic:

Impaired cognitive development and school performance, Increased school absences and tardiness, Perform lower on test and overall academic curriculum

STORY:

I just read a story from a teacher who shared about a thirteen year old boy who was “acting out” in school. When the teacher asked him what his problem was... He looked her in the eye and said, “I’m just hungry.” To which she responded, “Didn’t you eat your dinner last night?” And he said, “no, **it wasn’t my turn.**”

In Arizona Childhood Hunger Is Unacceptable !

662,019

How large is this problem in Arizona?

Any guesses as to the number of children in Arizona who live in households where the income is at or below 185% of the federal poverty level?

<Click to reveal the answer>

Imagine...



- ... a place where every child eats nutritious meals every day. Where no child ever goes to bed worrying about where his or her next meal will come from.
- ...guaranteeing all children the nourishment they need to grow up healthy, develop properly, learn and succeed in school, and have an opportunity for a better life.
- ...ensuring that all residents achieve the financial security, education and access to good food that enables them to provide for their children's nutritional needs.
- ...this diverse, fast-moving community bringing together people from all walks of life to solve a challenging social problem many once thought impossible.

NOTE: READ EACH IDEA AS IT APPEARS

Our Vision

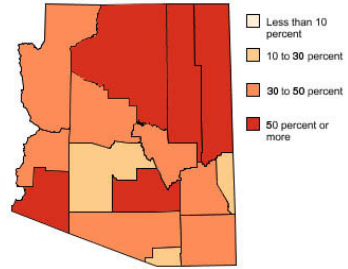
Every child in Arizona will have access to the nutritious food they need to learn, grow and thrive in their families, at school and throughout their communities.

Our Mission

To end childhood hunger in Arizona



Geography	Children Under 185%FPL	Percent Children Under 185%FPL
Apache County, Arizona	17,096	73.4%
Cochise County, Arizona	13,468	42.6%
Coconino County, Arizona	16,705	51.6%
Maricopa County, Arizona	386,689	38.2%
Mohave County, Arizona	19,766	48.2%
Navajo County, Arizona	19,056	56.7%
Pima County, Arizona	99,167	44.1%
Pinal County, Arizona	33,477	51.7%
Yavapai County, Arizona	15,839	40.6%
Yuma County, Arizona	28,583	53.2%
Gila County	3,868	31.5
Graham County	2,780	30.7
Greenlee County	379	18
Santa Cruz County	3,878	29.2
La Paz County	1,268	32.4



Main Causes of Childhood Hunger

Most childhood hunger is caused by a combination of three deficits:

- A lack of income



- A lack of access



- A lack of understanding



- A lack of income, due to a combination of low wages and rising costs.
- A lack of access to federal nutrition programs due to barriers and lack of information
- A lack of understanding of the impact to childhood development resulting from poor nutrition.

Not only is childhood hunger unacceptable it is also inexcusable. There **is** plenty food and there is plenty of caring in our communities.

So what do we do? We're glad you asked.

Ten Strategies to Make a Difference



We can't just talk about ending childhood hunger in Arizona-we need to have a strategic plan to do it.

As we step through next 10 slides, please make notes to capture ideas and thoughts you have. We hope you will share your thoughts with us towards the end of this presentation.

Encourage Healthy Food Choices

To help all Arizona families have the knowledge, skills and motivation to make healthy food choices, we will conduct a coordinated statewide education campaign, empowering parents to make good nutrition decisions for their children.



Now take your form and look for the apple icon and share your comments with us.

Discussion supports

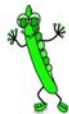
AZ Department of Health Services: **The Arizona Nutrition Network (AzNN)** is comprised of an ever expanding group of public and private organizations committed to working together to promote healthy eating among lower income Arizonans through a social marketing campaign.

The Community Nutrition Program provides nutrition services in 12 rural counties. A standardized series of four "Fruits and Veggies – More Matters®" classes for low-income third grade students is provided in all counties.

Food For Thought A United Food Bank partnership program with educational - based programs in which we reinforce their efforts to provide educational assistance for at-risk children. Providing nutritionally balanced food boxes which are distributed by the participating programs to the families of those students who have satisfactorily participated in the educational programs.

Increase Families' Access to Affordable, Fresh Produce

By working with local government, the private sector and the agricultural community we will increase access to neighborhood supermarkets, grocery stores or farmers' markets selling affordable, fresh produce.



AZ Department of Health Services **The Arizona Farmers' Market Nutrition Program** (AZ FMNP) goal is to increase the fruit and vegetable consumption among low income women, children and seniors while supporting local farmers' markets.

Community food security refers to the ability of all people to access a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.

Community Food Bank has an on site grocery store which sells a variety of fresh produce, meats, canned items, pasta, frozen vegetables, entrée items, dairy products and much more. The prices are 30%-70% less than your local grocery store. This gives a chance to make limited grocery money go a little farther. They are also piloting a mobile grocery store to take out into the community

Community Gardens

Improve Working Families' Economic Security

By encouraging low-income Arizona residents to claim the federal Earned Income Tax Credit (EITC) which can provide a vital income supplement. Establish Individual Development Accounts (IDA) to grow assets. Provide career development opportunities to move families toward economic security, utilizing existing resources in financial education and job training.



The EITC has been widely praised for its success in supporting work and reducing poverty. The federal credit now lifts more children out of poverty than any other government program

Research indicates that up to 20% of eligible individuals and families do not claim the federal EITC. A recent study by the Annie E. Casey Foundation shows that increased marketing and free tax preparation services can double and sometimes quadruple the number of EITC-eligible tax returns over previous years.

Another great opportunity to help our low-income families is to assist them in applying for available tax credits through VITA sites throughout the state. A VITA site is a Voluntary Income Tax Assistance site where volunteers trained by the IRS assist low-income individuals and families to complete their tax returns for free and ensure that they apply for all available tax credits such as the Earned Income, Child Tax Credit and Dependent Care Credit they may be eligible for. In 2004, Arizona taxpayers paid over \$50 million to have their taxes prepared. Unfortunately, low-income families claiming the EITC were more likely to pay for services than filers not claiming the EITC. On top of that many also fall prey to “advance refund loans” taking even more money from already low-income individuals.

Many of our families are Asset Poor – they do not have enough savings to withstand 3 months without income...how can we help them?

IDAs and Financial Literacy training are one step in the right direction.

Provide Comprehensive Public Education about Available Assistance

To ensure all eligible Arizona families know about the food and nutrition programs available to them. We will use aggressive, targeted, multilingual, community-based outreach to end the information deficit.



AZ 211

AZ Self Help

Peoples Information Guide

Food Stamp Outreach State plan

Community tool kits (idea)

Maximize Participation in the Federal School Breakfast & Lunch Program

We will ensure Arizona children get breakfast and lunch by maximizing participation in the successful federal School Breakfast & Lunch Program.



School Breakfast & School Lunch Program provides nutritionally balanced breakfasts and lunch in public and nonprofit private schools and residential childcare institutions.

Number of Arizona Schools **2121**

Number of schools participating in the School Lunch Program **1627**

Number of schools participating in the School Breakfast Program **1457**

Benefit to Schools:

The National School Lunch Program provides per meal cash reimbursements to public and non-profit private schools and residential childcare institutions that provide free and reduced price lunches to eligible children.

For the 2007-08 school year, schools are reimbursed by the federal government \$2.47 per free lunch served, \$2.07 per reduced priced lunch, and \$.23 per "paid" lunch. Free students must not be charged any amount, and reduced price students must not be charged more than 40 cents for lunch.

Schools in which 60 percent or more of the lunches served during the second preceding school year were free or reduced price receive an additional \$.02 reimbursement for each lunch served. In addition to cash reimbursements, schools also are entitled by law to receive USDA commodity foods, valued at 16.75 cents for each lunch served for the 2006/2007 school year. Schools may also receive "bonus" commodities when they are available.

Help After-School Programs Provide Healthy Meals and Snacks



We will encourage Arizona providers of after-school programs to participate in the federal snack and supper programs and will serve all children in need. Federal funding will enhance their ability to provide healthy snacks in the afternoon and dinner for children whose parents work long hours.



The Child and Adult Care Food Program (CACFP) and the National School Lunch Program (NSLP) provide funds for private non-profit and public organizations (including schools) to serve nutritious snacks and meals as part of after school programs and help bridge this gap for children.

KIDS CAFÉ - Food Banks across the state operate Kids Cafes for example, the United Food Bank presently operate Kids Cafes in Mesa, Tempe, Chandler, Gilbert, Phoenix, Guadalupe, Laveen, Apache Junction, Lakeside, Queen Creek, Scottsdale, Whiteriver, Sacaton and Casa Grande This program is a collaborative effort with partner social service agencies of the East Valley to provide a nutritionally balanced evening meal/snack five nights weekly to at-risk children.

Kid's Club- Community Food Bank currently operates three days a week at nine different sites in the greater Tucson area

St Mary's Food Bank

Expand the Reach of the Summer Food Service Program

By helping all Arizona providers of summer programs to participate in the Summer Food Service Program, we will make sure they serve all eligible children, youth and adults in need. Building on the success of the Summer Food Service Program we will fill a vital seasonal gap in healthy eating for many children who participate in the school breakfast and lunch programs the rest of the year.



Ginny to verify numbers:

Are there children in your community who will go hungry this summer? Children in low-income communities are eligible to receive free or reduced-price meals during the school year through the National School Lunch and School Breakfast Programs. But those programs end when school ends for the summer. The U.S. Department of Agriculture's Summer Food Service Program helps fill the hunger gap.

In 2007 there were 150 sponsors participating in the Summer Food Service Program –

While schools can be a sponsoring other entities like churches, Boys and Girls Clubs, Community centers can also apply to be a Summer Food Service Program Sponsor.

Ensure Access to a Nutritious Diet for all Pregnant Women and Preschool Children

WIC, which assists pregnant women and their newborn babies, and the Child and Adult Care Food Program, which funds meals provided to low-income preschool children, are highly successful programs not yet reaching all eligible participants.



The Special Supplemental Nutrition Program for Women, Infants and Children

WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk.

Eligibility:

Pregnant or postpartum women, infants, and children up to age 5 are eligible. They must meet income guidelines, a State residency requirement, and be individually determined to be at "nutrition risk" by a health professional.

**WIC Program total participation in Az , Mar 2008 194,043
(Dept. of Health 170,957 Navajo Nation 12,308 Inter-Tribal Council 10,778)**

Child and Adult Care Food Program (CACFP)

Provides nutritious meals and snacks to participants in day care facilities, such as child care centers, day care homes, and adult day care centers. Also provides meals to children in emergency shelters and snacks (and meals in a few States) to youth in after school programs. Pays all or part of the cost for nutritious meals and snacks to children and adults in day care facilities. Reimburses care providers at free, reduced-price, or paid rates for eligible meals and snacks served to children and adults, based upon the participants' eligibility under the Income Eligibility Guidelines or location of the day care home.

CHILD AND ADULT CARE FOOD PROGRAM: AVERAGE DAILY participation data as of May 23, 2008 - 46,385

Ensure Access to Nutritious Food in Shelters and Food Pantries



All low-income families in Arizona will have access to nutritious food in family shelters and neighborhood food pantries.



The Emergency Food Assistance Program Supplies commodities to the States, which then distribute the foods to local agencies that directly serve the public, such as food banks, shelters, and soup kitchens. States also receive administrative funds to help store and distribute donated commodities.

Emergency Food Provider Directory

The Arizona Partnership to End Childhood Hunger



While the strategies are important and will help us to focus resources on specific best practices, the real key to this effort is partnerships.

Partners Already On-board Include:

Our Sponsor – The DES Hunger Advisory Council

- Arizona Statewide Gleaning Project
- The Food and Research Action Center
- Association of Arizona Food Banks
- The Society of St. Vincent De Paul
- St. Luke's Health Initiative
- Food For The Hungry
- Arizona Department of Economic Security
- Perryville Women's Correctional Facility – Santa Cruz Unit
- Arizona Department of Health Services
- Litchfield Unified School District
- St. Mary's Food Bank
- Neighborhood Ministries
- Valley of the Sun United Way
- North Phoenix Baptist Church
- World Hunger Education, Advocacy and Training
- Arizona Department of Education
- The Navajo County Community Network Team
- Arizona Community Action Association
- United Food Bank
- United Way of Tucson and Southern Arizona
- Arizona Department of Agriculture
- Yuma Food Bank
- Peoria Unified School District
- Community Food Bank
- West Valley Human Services Alliance
- ASU Partnership for Community Development
- Community Food Connections

Review the listing on the screen

An Invitation

- This is an invitation — a Call to Action – for all Arizonans to join this Partnership.
- Everyone who lives, works, learns and plays in Arizona has a stake in the outcome of this mission. Our children, our families, our quality of life, our economy and our future will all gain from the eradication of childhood hunger.
- We know it CAN happen - our children are counting on us!

Childhood Hunger is Unacceptable!

Read the slide

Steps to Take - Today

- I commit to educating my family, my friends, my neighbors and myself on the issue of child hunger.
- I commit to participating in the conversation on child hunger by regularly visiting www.endchildhungeraz.org
- I commit to finding a way of connecting with one or more of the ten key strategies.

While today is mostly about seeking input, it is also about raising awareness on the issue of child hunger in Arizona.

This takes a personal commitment.

Read the slide.

www.endchildhungeraz.org



This website will be a primary connecting point for the partnership.

This is where comments will be gathered and shared for each of the key strategies we've outlined.

This is where best practices will be gathered and shared too.

Resources, links, photos, stories, data ... virtually anything we are doing as a the community of Arizona will be captured on this website.

Thank you to St. Luke's Health Initiative for donating this site and the technical support and advice.

So...What do you think?



Questions to spur conversation:

Is this relevant to your Community?

What input can you provide?

Are you willing to be a part of this partnership?

Who else needs to be in this conversation?

Please visit the new End Child Hunger website/blog to give your input and to stay connected.

www.endchildhungeraz.org

Thank You

