

**Feed Your Mind Series:  
Defining Hunger & Poverty  
Activity**



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## Appendices

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## Feed Your Mind Series Program

### Description

**Hunger 101** is a tool designed to increase public awareness of hunger and poverty in Arizona and nationwide. It is intended to start a conversation on these issues and spur participants to take action to address food insecurity, poverty, and hunger.

**Feed Your Mind Series** participants will complete varied activities to increase their awareness of the issues surrounding hunger and poverty in the United States, as well as their empathy toward people living with poverty and hunger.

The activities contained in the **Hunger 101** program address the complex issues that contribute to, result in, and aggravate hunger and poverty.

The **Feed Your Mind Series** is intended to encourage participants to think critically of short-term and long-term solutions to hunger and poverty, as well as take individual and group action to fight hunger and poverty.

### Goals

- ◆ To create awareness of hunger and poverty on national, state and local levels
- ◆ To address the causes and consequences of hunger and poverty
- ◆ To identify short-term and long-term solutions to hunger and poverty
- ◆ To empower participants to plan and participate in solutions to eliminate hunger and poverty



# Feed Your Mind Series Program Activity: Defining Hunger, Food Insecurity & Poverty

## Description

- ◆ This program activity facilitates discussion on the definitions of hunger and food insecurity, and the official poverty line.

## Recommended Participation

- ◆ It is recommended a minimum of four (4) individuals participate in order for it to be interactive and effective.

## Objectives

Our objectives are to:

- ◆ Be more aware of the magnitude of food insecurity, hunger and poverty nationally and in Arizona
- ◆ Define hunger
- ◆ Define food insecurity
- ◆ Discuss the history and measurement criteria of the federal poverty line

## Time

20 minutes

## Materials

- ◆ **Appendix 1:** Feed Your Mind Series Preparation Checklist
- ◆ **Appendix 2:** Poverty Facts Sheets.
- ◆ **Appendix 3:** Federal Poverty Line Timeline
- ◆ **Appendix 4:** Federal Poverty Guidelines
- ◆ **Appendix 5:** St. Mary's/Westside Food Bank Alliance: Background and Programs
- ◆ **Appendix 6:** Hunger 101, Feed Your Mind Series Evaluation

## Advance Work

- ◆ Use **Appendix 1: Feed Your Mind Series Preparation Checklist** to prepare for the Activity.
- ◆ Review the program, paying close attention to the time requirements. You may need to modify the activities included in the program to suit the needs of your participants and your classroom.
- ◆ Make copies of all worksheets and materials for each participant, including the assigned readings.
- ◆ Ask participants to fill out the evaluation forms.
  - These evaluations will help St. Mary's/Westside Food Bank Alliance better determine if the Hunger 101 program is reaching its goal (to increase public awareness of hunger, poverty and nutrition).



## Materials Needed

- ◆ **Appendix 1:** Feed Your Mind Series Preparation Checklist
- ◆ **Appendix 2:** Poverty & Hunger Statistics
- ◆ **Appendix 3:** Federal Poverty Line Timeline
- ◆ **Appendix 4:** Federal Poverty Guidelines
- ◆ **Appendix 5:** St. Mary's/Westside Food Bank Alliance: Background and Programs
- ◆ **Appendix 6:** Hunger 101, Feed Your Mind Series Evaluation
- ◆ Pens, pencils or colored markers for each participant
- ◆ Overhead projector (optional)
- ◆ White Board and/or Flip chart & markers, or overhead projector with transparencies

## Advance Work

- ◆ Review Feed Your Mind Series Preparation Checklist
- ◆ Print Appendix 2: Poverty & Hunger Statistics
- ◆ Print Appendix 3: Federal Poverty Line Timeline
- ◆ Print Appendix 4: Federal Poverty Guidelines
- ◆ Print Appendix 5: St. Mary's/Westside Food Bank Alliance: Background and Programs
- ◆ Print Appendix 6: Hunger 101, Feed Your Mind Series Evaluation
- ◆ Arrange for overhead projector (optional)
- ◆ Ensure that there is a white board or flip chart available to compile and post key points from the participant discussion.
- ◆ At the facilitator's discretion, guest speakers and/or other relevant resource individuals may be invited to participate with of this Activity's activities to enhance the understanding or presentation of content.



## Facilitation Instructions

1. Introduce the federal poverty guidelines, and briefly discuss the history of their development.

### 2005 Poverty Guidelines (Source: U.S. Dept. of Health and Human Services)

- 1 person: \$9,570
- Family of 2: \$12,830
- Family of 3: \$16,090
- Family of 4: \$19,350
- Family of 5: \$22,610
- Family of 6: \$25,870
- Family of 7: \$29,130
- Family of 8: \$32,390
- *[for each additional person, add \$3,260]*

2. Ask the participants to brainstorm ideas about the definition of hunger.
3. Write down “hunger” definition suggestions on white board or flip chart.
4. Ask participants to think about any time they have “hungered” for anything.
5. After a short discussion, share with the group the definition of hunger created by the USDA. Compare this definition with the suggestions of the group.
6. Discuss all the definitions of hunger.
7. Ask the participants if they imagine what it would be like to experience hunger consistently? Day in, day out, week in, week out, 365 days a year.

### Hunger is the uneasy or painful sensation caused by a lack of food, or the recurrent or involuntary lack of food. (Source: U.S. Dept. of Agriculture)

8. Introduce the definition of food insecurity created by the USDA.

### Food Insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways Source: U.S. Dept. of Agriculture)

9. Clarify the distinct elements as you break down the definition of food insecurity by asking the participants questions such as:
  - What do you think are “nutritionally adequate” foods?
  - How would you define “safe” foods?
  - What does it mean to acquire foods in a “socially acceptable way?”
  - What are some socially “unacceptable” ways to obtain food, and why?
10. Ask the participants to reflect on the details of this food insecurity definition and discuss how it correlates with the definitions of hunger and the poverty guidelines.
11. Introduce the timeline for the establishment of the Poverty Guidelines.
12. Use **Appendix 3: Federal Poverty Line Timeline** to quickly review how we got to where we are today with the “Poverty Line”



13. Introduce the Poverty Line Guidelines with a few brief statements of key qualifying criteria.
14. Use **Appendix 4: Federal Poverty Guidelines** to briefly discuss a few key issues this raises for individuals needing nutritional support if they are above or below the "Poverty Line"
15. Introduce the key poverty, hunger and food insecurity statistics for the U.S and Arizona listed below and refer participants to **Appendix 3: Poverty and Hunger Statistics**

### National Statistics

- ◆ **Poverty**
  - As of 2004, the Census Bureau estimates 37.0 million people live at or below the poverty line – an increase of 1.3 million people from 2003. (U.S. Census Bureau, 2004).
  - The current poverty rate is 12.7 percent, or nearly one 1 in eight people.
- ◆ **Food Insecurity**
  - 36.3 million people are deemed food insecure.
  - The current food insecurity rate is also 12.7 percent, or nearly 1 in 8 people (USDA, 2003).
- ◆ **Hunger**
  - 9.63 million people are food insecure with hunger.

### Arizona Statistics

- ◆ **Poverty**
  - As of 2004, an estimated 800,027 people in Arizona lived at or below the federal poverty line. (Census Bureau American Community Survey, 2004).
  - Arizona's poverty rate is higher than the national average – 14.2 percent, or 1 in every 7 people.
  - 312,966 of Arizona's children – nearly 1 in 5 – live in poverty.
- ◆ **Food Insecurity**
  - 686,375 million individuals in Arizona are considered food insecure.
- ◆ **Hunger**
  - 70,000 of those who are food insecure are also hungry on a regular basis.

*(Food insecurity and hunger data is the most up-to-date available)*

16. As a closing discussion, ask participants to share their reactions to these statistics in relation to the poverty guidelines, and definitions of food insecurity and hunger.
17. Ask their thoughts on how the level's criteria may or may not ensure that all people needing food receive support.
18. Summarize some key thoughts derived from the discussion while noting how the Poverty Level criteria does not ensure that all people needing food support have access to it in their community, state or nationwide.



## **General Comments or Activity Tips**

1. As an alternative closing summary discussion, ask participants to offer their statements about how the relationship between poverty, hunger and health might negatively impact a family's or individual's day-to-day life.
2. Keep in mind that it is essential that the interrelationships between poverty, food insecurity and hunger are clarified during this activity.

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**End of  
Hunger 101  
Feed Your Mind Series  
Defining Hunger, Food Insecurity & Poverty Activity**

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## Appendix 1: Feed Your Mind Series Preparation Checklist

- ◆ This is a program planning and tracking tool to assist facilitators to plan, prepare and implement the Hunger 101 Feed Your Mind Series.
  - ◆ This list indicates items recommended with most effectively deliver the activity. For details, refer to the **Materials Needed** section of this guide.
- 
- Review activity to ensure understanding of the process sequence, and content.
  - Review the program, paying close attention to the time requirements – facilitators may need to modify the activities included in the program to suit the needs of their students and classroom.
  - Review **Appendices** to ensure understanding of the session's activities, process sequence and content.
  - Review all related resource materials to ensure understanding of the session's activities, process sequence and content.
  - Review all **Materials Needed** lists for all activities.
  - Prepare (if needed for this session) adequate supplies of Program Evaluation
  - Prepare copies of all **Appendices** and resource information to ensure there is a sufficient supply for all participants, presenters, and/or guests.
  - Review and become familiar with the photographs, correlated descriptions and other resource materials.
  - Confirm room space and tables to accommodate the members of the group.
  - Confirm ALL Guest Presenters (if any); dates, time, and topics.
  - Prepare Class roster, and finalize it.
  - Send Pre-Session Assignment (if needed for this session) reminder to participants and guest presenters.
  - Confirm availability and accessibility of activity presentation, craft areas, and breakout rooms.
  - Prepare, print, and collate all participants' materials. Make copies of all worksheets and materials for each student, including the assigned readings.
  - Ensure that there is a white board or flip chart available to compile and post participant key points.
  - Ensure there is an adequate supply of pens, pencils, calculators, and paper for all participants.
  - Determine participant team work areas.



## Appendix 2: Poverty and Hunger Statistics



# Poverty & Hunger Statistics

[www.FirstFood  
Bank.org](http://www.FirstFoodBank.org)

St. Mary's Food Bank  
2831 N. 31<sup>st</sup> Avenue  
Phoenix, AZ 85009  
Phone: (602) 352-3640  
Fax: (602) 352-3659

Westside Food Bank  
13050 W. Elm St.  
Surprise, AZ 85374  
Phone: (602) 242-3663  
Fax: (623) 583-9245

Phoenix Food Bank &  
FoodPLUS Center  
4211 N. 43<sup>rd</sup> Ave.  
Phoenix, AZ 85031  
Phone: (602) 272-6326  
Fax: (602) 272-9734

Agua Fria Food Bank  
405 E. Harrison Dr.  
Avondale, AZ 85323  
Phone: (623) 932-9135  
Fax: (623) 925-2365

Glendale Food Bank  
5605 N. 55<sup>th</sup> Ave.  
Glendale, AZ 85301  
Phone: (623) 934-5331  
Fax: (623) 934-0072

### POVERTY, FOOD INSECURITY AND HUNGER DEFINED

- The Department of Health and Human Services defines **poverty** by setting a threshold of income based upon the size of a family. As of 2005, these are the federal poverty guidelines:
  - 1 person: \$9,570
  - Family of 2: \$12,830
  - Family of 3: \$16,090
  - Family of 4: \$19,350
  - Family of 5: \$22,610
  - Family of 6: \$25,870
  - Family of 7: \$29,130
  - Family of 8: \$32,390
  - (for each additional person, add \$3,260)
- The USDA defines **food insecurity** as, "Limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways."
- **Hunger** is defined by the USDA as, "The uneasy or painful sensation caused by a lack of food. The recurrent or involuntary lack of access to food."

### NATIONAL STATISTICS

- As of 2004, the U.S. Census Bureau estimates 37.0 million people live at or below the federal poverty line – an increase from 2003 of 1.1 million people.
- The current poverty rate in U.S. is 12.7 percent, or nearly 1 in 8 people.
- The number of children in poverty in 2004 was 13 million.
- The USDA deemed 38.0 million people food insecure in 2004.
- 10.6 million people were considered food insecure with hunger in 2004.

### ARIZONA STATISTICS

- Based on the 2004 Census Bureau American Community Survey **800,027 people in Arizona** live at or below the federal poverty line.
- Arizona's poverty rate is higher than the national average – **14.2 percent**, or 1 in every 7 people.
- 312,966 of Arizona's children – about 1 in 5 – live in poverty.
- 7.5 percent of those 65 and older live in poverty.
- More than 700,000 individuals in Arizona are considered food insecure.

### ARIZONA'S GOVERNMENT ASSISTANCE LANDSCAPE

- As of December 2004, the State of Arizona provided cash assistance through **Temporary Assistance for Needy Families** for 111,046 individuals, on average.
- As of May 2005, an average of 547,671 individuals received **Food Stamps** each month. The average monthly benefit is \$90.94 per person.
- More than 574,000 low-income and poor children in Arizona participate in the **National School Lunch Program**, which provides free and reduced-price lunches.
- More than 190,000 children participate in the **School Breakfast Program**, which provides free and reduced-price breakfasts to low-income and poor children.
- As of June 2005, 177,199 women and young children received benefits from **WIC** (Special Supplemental Nutrition Program for Women, Infants and Children).
- More than 34,000 Arizona children receive nutritious food at daycare and after-school programs through the **Child and Adult Care Food Program**.



## Appendix 3: Federal Poverty Line Timeline

### The Government Defines "Poverty"

1955-1965	1965-1975	1975-1985	1985-1995	1995-2005
<p><b>1955</b> Dept. of Agriculture Household Food Consumption Survey.</p> <p><b>1963-64</b> Mollie Oshansky develops "Poverty Threshold."</p> <p><b>1964</b> Lyndon Johnson declares "War on Poverty."</p>	<p><b>1965</b> Mollie Oshansky publishes Poverty Thresholds based on "How much is too little to survive" premise. Government adopts these thresholds.</p> <p><b>1969</b> Poverty Thresholds indexed to the Consumer Price Index. Federal government adopts this as the official statistical definition of poverty.</p> <p><b>1973</b> Poverty Threshold to be updated every 10 years.</p> <p><b>1974</b> Task Force to review poverty measurement.</p>	<p><b>1976</b> The "Measure of Poverty Report" explores varied poverty issues.</p> <p><b>1981</b> Poverty Thresholds streamlined. Decade of extended debates on poverty measurement, but no action taken.</p>	<p><b>1990</b> Decision to study official U.S. Poverty Measure by National Academy of Sciences, National Research Council (NRC).</p> <p><b>1992</b> NRC appoints Panel on Poverty and Family Assistance to conduct poverty study.</p>	<p><b>1995</b> Report published "Measuring Poverty, A New Approach" (based on study begun in 1992).</p> <p>♦ Minimal action has occurred since the 1995 report was published.</p> <p>♦ Guidelines have not been significantly modified in the past decade except for some cost-of-living adjustments that have not kept up with inflation.</p>



## Appendix 4: Federal Poverty Line Guidelines

### The Development and History of the U.S. Poverty Thresholds

#### A Brief Overview

by  
*Gordon M. Fisher,*  
*Department of Health and Human Services*

In view of the recent major proposal to revise the way in which the United States measures poverty, it may be useful to review the development and subsequent history of the current official poverty thresholds.

The poverty thresholds were originally developed in 1963-1964 by [Mollie Orshansky](#) of the Social Security Administration. She published an analysis of the poverty population using these thresholds in a January 1965 **Social Security Bulletin** article. Orshansky based her poverty thresholds on the economy food plan — the cheapest of four food plans developed by the Department of Agriculture. The actual combinations of foods in the food plans, devised by Agriculture Department dietitians using complex procedures, constituted nutritionally adequate diets; the Agriculture Department described the economy food plan as being "designed for temporary or emergency use when funds are low." (Orshansky also developed a second set of poverty thresholds based on the Agriculture Department's somewhat less stringent low-cost food plan, but relatively little use was ever made of these higher thresholds.)

Orshansky knew from the Department of Agriculture's 1955 Household Food Consumption Survey (the latest available such survey at the time) that families of three or more persons spent about one third of their after-tax money income on food in 1955. Accordingly, she calculated poverty thresholds for families of three or more persons by taking the dollar costs of the economy food plan for families of those sizes and multiplying the costs by a factor of three — the "multiplier." In effect, she took a hypothetical average family spending one third of its income on food, and assumed that it had to cut back on its expenditures sharply. She assumed that expenditures for food and non-food would be cut back at the same rate. When the food expenditures of the hypothetical family reached the cost of the economy food plan, she assumed that the amount the family would then be spending on non-food items would also be minimal but adequate. (Her procedure did not assume specific dollar amounts for any budget category besides food.) She derived poverty thresholds for two-person families by multiplying the dollar cost of the food plan for that family size by a somewhat higher multiplier (3.7) also derived from the 1955 survey. She derived poverty thresholds for one-person units directly from the thresholds for two-person units, without using a multiplier. The base year for the original thresholds was calendar year 1963.

Orshansky differentiated her thresholds not only by family size but also by farm/non-farm status, by the sex of the family head, by the number of family members who were children, and (for one- and two-person units only) by aged/non-aged status. The result was a detailed matrix of 124 poverty thresholds, although the figures generally cited were weighted average thresholds for each family size.

In her January 1965 article, Orshansky presented the poverty thresholds as a measure of income inadequacy, not of income adequacy — "if it is not possible to state unequivocally 'how much is enough,' it should be possible to assert with confidence how much, on an average, is too little."



While the poverty thresholds had been calculated on the basis of after-tax money income, they were applied to income data — the Census Bureau's Current Population Survey — that used a before-tax definition of money income; this was done because when the thresholds were being developed, the Current Population Survey was the only good source of nationally representative income data. Orshansky was aware of the inconsistency involved, but there was no other alternative; she reasoned that the result would yield "a conservative underestimate" of poverty.

In April-May 1965, it was decided to set farm poverty thresholds at 70 percent of the corresponding non-farm thresholds, and to update the thresholds for annual price changes by the yearly change in the per capita cost of the economy food plan. In May 1965 — just over a year after the Johnson Administration had initiated the War on Poverty — the Office of Economic Opportunity adopted Orshansky's poverty thresholds as a working or quasi-official definition of poverty.

As early as November 1965, Social Security Administration policymakers and analysts began to express concern about how to adjust the poverty thresholds for increases in the general standard of living. (There is extensive historical evidence from the U.S. and other countries that successive poverty lines developed as absolute poverty lines show a pattern of getting higher in real terms as the real income of the general population rises; this evidence is discussed in the author's "[Relative or Absolute — New Light on the Behavior of Poverty Lines Over Time](#)," in the Summer 1996 issue of this newsletter.) In 1968, the Social Security Administration tried to take a very modest step towards raising the poverty thresholds to reflect increases in the general standard of living. The Bureau of the Budget (the predecessor of the Office of Management and Budget) prohibited the modest increase in the poverty thresholds, but initiated an interagency Poverty Level Review Committee to re-evaluate the poverty thresholds. This Committee decided to adjust the thresholds only for price changes, and not for changes in the general standard of living. In 1969, the Committee decided that the thresholds would be indexed by the Consumer Price Index instead of by the per capita cost of the economy food plan, and that farm poverty thresholds would be set at 85 percent rather than 70 percent of corresponding non-farm thresholds. In August 1969, the Bureau of the Budget designated the poverty thresholds with these revisions as the federal government's official statistical definition of poverty.

In 1973, three interagency subcommittees were formed to conduct a thorough review of federal income and poverty statistics. The Subcommittee on Updating the Poverty Threshold recommended that the poverty thresholds be updated every ten years using a revised food plan and a multiplier derived from the latest available food consumption survey; this would generally have resulted in higher poverty thresholds at each decennial revision. The Subcommittee also recommended that the definition of income used to measure overall income should also be the income definition used to calculate the multiplier for revised poverty thresholds. No changes were made in the poverty definition as a result of the 1973 review of poverty and income statistics.

In 1974, in response to a Congressional requirement, an interagency Poverty Studies Task Force was established to undertake an intensive review of the current poverty measure and alternative measurement schemes. A final report, **The Measure of Poverty**, was submitted to Congress in 1976 along with seventeen Technical Papers. This report thoroughly explored the issues involved in developing and revising poverty measures, but did not recommend specific changes in the current poverty measure.

In 1981, several minor changes were made in the poverty thresholds in accordance with recommendations of an interagency committee. The farm/non-farm differential was eliminated by applying non-farm poverty thresholds to all families. The distinction between thresholds for "female-headed" and "male-headed" families was eliminated by averaging. The poverty threshold matrix was extended to make the largest family size category "nine persons or more" rather than "seven or more persons." These changes reduced the number of thresholds in the detailed matrix of poverty thresholds from 124 to 48.



During the 1980s, there were extensive debates about poverty measurement — particularly about proposals to count government non-cash benefits as income for measuring poverty without making corresponding changes in the poverty thresholds. (For comments on these proposals, see pp. 9, 65-66, 205, and 227-231 of the report cited in the next paragraph.) However, no changes were made in the official poverty definition during the 1980s.

In 1990, a Congressional committee requested a study of the official U.S. poverty measure by the National Academy of Sciences/National Research Council to provide a basis for a possible revision of the poverty measure. In 1992, the NRC's Committee on National Statistics appointed a Panel on Poverty and Family Assistance to conduct this study. In May 1995, the Panel published its report of the study (Constance F. Citro and Robert T. Michael (editors), **Measuring Poverty: A New Approach**, Washington, D.C., National Academy Press, 1995). In the report, the Panel proposed a new approach for developing an official poverty measure for the U.S. — although it did not propose a specific set of dollar figures. The Panel's proposal has been summarized and discussed in a number of sources, including earlier issues of this newsletter.

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*(This article is a summary of Gordon M. Fisher, "[The Development and History of the Poverty Thresholds](#)," **Social Security Bulletin**, Vol. 55, No. 4, Winter 1992, pp. 3-14; the **Bulletin** article was condensed from a 75-page unpublished paper. [This unpublished paper — subsequently revised to 88 pages — is available on the Census Bureau's Poverty Measurement Web site at <http://www.census.gov/hhes/povmeas/papers/orshansky.html>.] For additional information, you may contact Gordon Fisher by telephone (202-690-6143) or e-mail [gordon.fisher@hhs.gov](mailto:gordon.fisher@hhs.gov). The views expressed here are those of the author, and do not represent the position of the Department of Health and Human Services.)*

[A list of [selected articles and papers by Orshansky](#) on the poverty thresholds and the poverty population is available.]

[Return to the page of [Information Contacts and References](#) on the Poverty Guidelines, the Poverty Thresholds, and the Development and History of U.S. Poverty Lines.]

Last updated 03/12/02



## Appendix 5: St. Mary's / Westside Food Bank Alliance: Background and Programs

**St. Mary's Food Bank, founded in 1967** by John van Hengel, is the world's first food bank. In its first year of operation, the Food Bank, with a handful of volunteers, distributed approximately **250,000** pounds of food to local social service agencies. Westside Food Bank opened its doors in 1973 to provide the community with new human services, such as the gleaning of fruits and vegetables for distribution and a program to serve seniors. In fiscal year 2004/2005, St. Mary's/Westside Food Bank Alliance, with more than **317,000** volunteer hours, distributed approximately **61** million pounds of food to **900** nonprofit agency sites throughout the Valley of the Sun, and in 13 Arizona counties. That is enough food to provide **200,000** meals each day.

### Mission Statement:

- ◆ To promote the elimination of hunger through the gathering and distribution of food while encouraging self sufficiency through advocacy and education.

### St. Mary's/Westside Food Bank Alliance Programs

St. Mary's/Westside Food Bank Alliance has a number of programs that enable it to feed those in need:

- ◆ **Agency Shopping** – This program makes perishable food available to those agencies that prepare congregate meals for their clients. These agencies “shop” at the Food Bank for the food items they need Monday through Friday.
- ◆ **Value Club** – This is a cooperative food-buying program which offers food and meat boxes to low-income families and individuals for \$15 and \$10, stretching their food-budget dollar. Value Club distributions take place throughout Arizona.
- ◆ **Community Kitchen** – The Community Kitchen is a 16-week program that trains low-income adults for employment in the food service industry. Each student receives instruction in the culinary arts and life skills, and is provided an internship in some of the Valley's finest restaurants and resorts.
- ◆ **Kids Cafe®** – This program prepares and provides food to disadvantaged children participating in recreational and educational activities in safe and accessible environments.
- ◆ **School Distributions** – Held at schools, the Food Bank distributes free food boxes to children of neighborhoods where poverty is prevalent. These distributions take place across the valley.
- ◆ **B.R.E.A.D.** – This acronym stands for Bridges Reaching the Elderly and Disabled. Each month volunteers deliver food boxes to nearly 1,500 homebound seniors, providing not only sustenance, but companionship as well.
- ◆ **Emergency Baby Boxes (EBB)** – EBB provides the essentials for children, under a year old, including diapers, baby food, juice, cereal, and formula. Boxes are specifically designed to meet the changing nutritional needs of a baby's various growth stages.



## Appendix 5: St. Mary's / Westside Food Bank Alliance: Background and Programs (continued)

- ◆ **Emergency Food Boxes (EFB)** – Emergency Food Boxes are provided to clients of the Food Bank's partner agencies who find themselves in an emergency situation where food is scarce. Each box provides a three-day supply of nutritious food, offering a helping hand until they are able to receive permanent assistance.
- ◆ **Emergency Services Network (ESN)** – This program salvages millions of pounds of fresh fruits and vegetables for distribution to hungry people. Volunteers glean excess produce from the fields, orchards and commercial growers of Central Arizona. The ESN also serves as a transportation system for the USDA commodities programs. Food banks, emergency food box outlets, feeding operations, Indian reservations, and church and social services programs are linked in this cost-effective distribution system.
- ◆ **Senior Brown Bag Program** – This is a self-help program is designed for low-income senior citizens and disabled individuals. It utilizes "gleaning," the gathering and sharing of crops that remain in the fields after harvest. It provides food for senior and disabled individuals who meet the income requirements and effectively uses surplus food that would otherwise be discarded.
- ◆ **FoodPLUS** – A monthly food box and nutritional education program for individuals at-risk. The program currently serves more than 15,000 people, 85% of whom are seniors. FoodPLUS focuses on prevention - for every dollar spent on this program, \$3 is realized in healthcare savings for taxpayers!
- ◆ **USDA TEFAP** – The Emergency Food Assistance Program (TEFAP) provides food products through Emergency Food Boxes, brown bag programs, and on-site feeding for low-income households at 185% or less of the federal poverty level. Each month, distributions of basic TEFAP commodities, such as peanut butter, vegetables, fruit, pasta, and pinto beans are made to individuals and families at sites in Apache, Coconino, Maricopa, Mohave, Navajo, and Yavapai counties.



## Appendix 6: Hunger 101, Feed Your Mind Series Activity Evaluation

St. Mary's/Westside Food Bank Alliance would like to know how you feel about your experience with the Hunger 101, Feed Your Mind Series. By filling out this short questionnaire, you are helping ensure the Food Bank is providing a quality program to the community and meeting your educational needs. Thank you for participating.

1. Beside each of the statements presented below, please check the box of your answer, indicating whether you Strongly Agree (SA), Agree (A), are Neutral (N), Disagree (D) or Strongly Disagree (SD) with the statement.

	<b>SA</b>	<b>A</b>	<b>N</b>	<b>D</b>	<b>SD</b>
a. The participant interactive activities were useful and engaging.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The teacher of the program was prompt and courteous.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The information was not presented in a clear and concise manner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Overall, I enjoyed the multi-session program.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The Hunger 101 program did not advance my knowledge on the issues of hunger and poverty .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I now feel more informed about hunger and poverty in my community.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Please rate the following aspects of the role-playing game by checking the box of your answer.

	<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Fair</b>	<b>Poor</b>
a. The overall organization of the program.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The teacher's knowledge of the material.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The teacher's presentation of the material.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The materials utilized with the game, i.e., the worksheets, handouts, etc.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The effectiveness of the interactive elements increased my awareness of hunger and poverty.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. What is your gender? (*Circle only one letter.*)

- a. Male
- b. Female

4. What is your current grade? (*Circle only one letter.*)

- a. 6<sup>th</sup> Grade
- b. 7<sup>th</sup> Grade
- c. 8<sup>th</sup> Grade
- d. 9<sup>th</sup> Grade
- e. Other \_\_\_\_\_?

5. Please use the space below to include any additional suggestions or comments on the Hunger 101 curriculum. Remember - St. Mary's/Westside Food Bank Alliance welcomes all comments and suggestions in order to improve its programs!



## Acknowledgements and Sources:

We would like to acknowledge the following sources, organizations, groups and individuals for their assistance, insight and information to support our Hunger 101 program:

- ◆ Arizona Department of Economic Security
- ◆ Arizona Department of Education
- ◆ U.S. Department of Agriculture
- ◆ U.S. Department of Health and Human Services
- ◆ U.S. Department of Housing and Urban Development