HUNGER AND HEALTH: ENSURING ACCESS TO HEALTHY AND AFFORDABLE FOOD
Grassroots Support Practices

- Transparency
- Trust & Solidarity
- Advocacy
- Technical Support
- Shared Vision
- Networking
- Capacity Building
- Anti-Oppression
- Information Sharing
- Financial Assistance
- Long-Term Commitment
- Open & Flexible

Community food security is “a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice” (Hamm & Bellows, 2003).
NATIONAL HUNGER HOTLINE

NEED HELP FINDING FOOD?
know someone who does?
1-866-3-HUNGRY
[1-866-348-6479]
We will connect you to food programs and services in your community.

NATIONAL HUNGER HOTLINE
www.whyhunger.org

Summer Food Rocks!
Find sites serving summer meals

Call
1-866-3-HUNGRY or 1-877-8-HAMBRE
Visit www.whyhunger.org/findfood
to find help getting food for your family

USDA is an equal opportunity employer and provider.
Stories from the National Hunger Hotline: Supporting Restaurant Workers

The National Hunger Hotline (NHH), a service of WhyHunger’s National Hunger Clearinghouse, provides real-time referrals for people in need across the US to emergency food and assistance programs. The NHH is a portal to information, assistance, and resources, ultimately empowering families and individuals to meet their vital needs including fresh, healthy food. In Stories from the Hotline, we share some of the experiences of callers and our efforts to support them.

Mary, a divorced woman from Bay City, Texas recently called the Hotline after finding the number in the phonebook. She is currently working fewer hours at her waitressing job and is having problems supporting her two teenage boys. She needed food assistance, help with utility and heating bills and health insurance. A Hotline advocate gave her the numbers to several food pantries as well as the number to the SNAP office within her county. She was also given the number to the LIHEAP to assist with heating and other utility bills. The number to Medicaid was also provided to her to seek eligibility to obtain health insurance.
CAPACITY BUILDING

NOURISH

ALL FOOD IS NOT THE SAME.

why.

WhyHunger
NEW NUTRITION SCIENCE

Nutrition science needs to incorporate a comprehensive understanding of food systems. These shape and are shaped by biological, social, and environmental relationships and interactions. How food is grown, processed, distributed, sold, prepared, cooked, and consumed is crucial to its quality and nature, and to its effect on well-being and health, society, and the environment.

Source: http://www.ecoliteracy.org/essays/new-era-nutrition-education
KEY LEARNINGS

• Ongoing hub of resources for this audience
• Intensive instruction time is important
• Successful programs are behaviorally based and theory driven
• Behavior change programs include intervening in the larger community and food system
• Out of the box programs have great value and need to incorporate flexibility
• Models that support building new leadership and work with the local community have greater impact
SOCIAL AND HEALTH PRIORITIES

• Mental Health and Gardening: http://www.learningnetwork.thestop.org/

• Westchester Square Partnership: http://wspnyc.org/about-us.html

• Undoing Racism: http://www.pisab.org/
COLLECTIVE IMPACT

• Common Agenda

• Shared Measurement Systems

• Mutually Reinforcing Activities

• Continuous Communication

• Backbone Support Organizations

Source: http://www.ssireview.org/articles/entry/collective_impact
FURTHER READING

- Food Security Learning Center: www.whyhunger.org/getinfo
- Sweet Charity? Jan Poppendieck
- Toxic Charity Robert Lupton
- Participatory Action Research
  http://www.incite-national.org/media/docs/5614_toolkitrev-par.pdf
- Whole Measure for Community Food Systems:
  http://foodsecurity.org/pub/WholeMeasuresCFS-web.pdf
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