

Minerva Delgado

Hunger Free Communities 101



Food Security in the US

- Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.
- 37.2 ml people or 11.5% of households in the U.S. struggle with food insecurity

Food Security in the US

- Households that are more at risk include:
 - All households with children (13.9%)
 - Households with children headed by a single woman (27.8%) or a single man (15.9%)
 - People living alone; women (14.2%) and men (12.5%)
 - Households headed by blacks (21.2%) and Hispanics (16.2%)
 - Low-income households with incomes below 130% of the poverty threshold (33.1%)

Health Effects of Food Insecurity



Burger
\$0.99



Salad
\$4.99

- Poor mental health: depression and anxiety
- Increased risks to physical health:
 - Obesity, overweight, underweight
 - Iron-deficiency Anemia
 - Diabetes
 - High blood pressure
 - Cancer
 - Other chronic diseases

Coping Strategies



Eating less varied diets



Skipping meals or limiting portion sizes



Participating in federal food and nutrition assistance programs



Receiving help from friends and family



Obtaining emergency food from community food pantries, soup kitchens and shelters

The Alliance to End Hunger

Mission: to build the public and political will to end hunger in the U.S.

Initiative: Hunger Free Communities Network

- Supports broad-based, multi-sector coalitions that are committed to ending hunger in their communities
- About 75 organizations in 35 states

What is a hunger free community?

A hunger free community can refer to:

- An aspirational goal
- A formal or informal network

HFC coalitions are united by their commitment to ending hunger in their communities and the inclusion of a broad range of stakeholders.



What is collective impact?

Collective impact brings people from different sectors together in a structured way to bring about meaningful and sustainable progress in addressing a social problem, such as hunger.

For collective impact to be successful, you need:

- A common agenda
- A shared measurement system
- Mutually reinforcing activities
- Continuous communication
- Backbone support

Impact Framework: Stages of Hunger Free Community Coalitions



Performing	Community achieves high food security; full community engagement in nutrition programs; robust emergency food system / crisis response
Engaging/Maturing	Sustainable network with social and political capital has been created; high cross-sector food system coordination and communication; coordination of hunger relief efforts across sectors; duplication of efforts and programmatic gaps eliminated
Formalizing	Groups start cooperating and coordinating; individual organizations self-identify as part of HFC Network; formalization of multi-sector coordination effort begins (may or may not lead to an independent organization)
Coalescing	Convening of key community stakeholders follows call to action by strategic leader; identification of HFC leaders
Responding	Disparate hunger relief organizations/efforts established; typically, uncoordinated hunger relief efforts working in silos
Awakening	Recognition of low food security in community

Success Story: Hunger Free Minnesota

- 2011-2014 campaign with 8 founding partners from different sectors
- Data-driven business plan with a wide-ranging set of targeted initiatives to help close the 100 million meal gap:
 - Agricultural food rescue
 - SNAP awareness and education
 - Community close-up
 - Retail food rescue
 - Prepared food rescue
 - School breakfast program & challenge
 - Not-in-school-time meals
 - Hunger & health
 - WIC



Accomplishments

- First-of-its kind, deep-dive, data-driven hunger relief campaign
- Designed model partnerships and expanded networks in the hunger space
- Blended business strategies and community ingenuity to create an action plan
- Leveraged generous financial investments and in-kind resources
- Developed replicable “Community Close-Up” tool for mapping meal gaps
- Focused visibility on the issue of hunger as a significant economic drain and social problem requiring broad based attention
- Added 70 ml meals over 3 years, exceeding original goal of 60 ml meals



Success Story: Hall Hunger Initiative

- AmeriCorps VISTA connected Latinx organizations with government and community groups working on food issues
- Held deep listening sessions with mixed documented families, in which they revealed fear of family separation if they applied for SNAP (by law, required to report undocumented individuals to the Department of Homeland Security)
- In response, HHI is working more closely with Job and Family Services, and has started implementing short-term solutions such as Culturally Sensitive Training sessions and creating Latinx-friendly food pantries

Ways to Engage

www.AllianceToEndHunger.org

Hunger Free Communities

- Map
- Featured Tools
- Resource Library
- Quarterly Webinars
- Annual Summit

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