

REAL FOOD IS REAL ACCESS

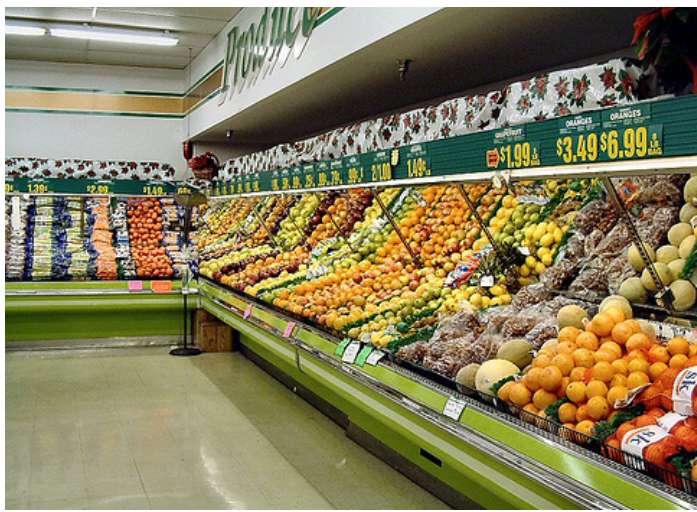
Locally-produced, sustainable, healthy food is being produced more and more, across the US. But who actually gets to harvest the bounty?

FOOD INSECURITY

HUNGER in the US usually refers to a lack of food due to poverty or limited resources, which can lead to malnutrition over time. In parts of the world where famine is widespread, hunger usually manifests itself as severe, clinical malnutrition.

FOOD INSECURITY often describes food access issues most appropriately in the US; it is a limited or uncertain access to nutritious, safe foods, often caused by a lack of money or resources to get food. While we are fortunate that starvation seldom occurs in the US, food insecurity is prevalent: **in 2007, 36.2 million Americans lived in food insecure households.**

Hunger and inadequate nutrition can have harmful effects on learning, development, productivity, physical and psychological health, and family life. Hunger relief organizations and policy advocates **need the student voice** to work toward change in all of the issues that propel food insecurity and lack of access to healthy foods throughout the country.



-More than 40% of people who are eligible for food stamps do not receive them

-Breakfast is critical for hungry children. Only 4 in 10 school children who receive free or reduced school lunch also get breakfast.

-Only 2 in 10 low-income children who receive school lunch also receive food in the summer.

-Research shows that participation in federal nutrition programs by eligible families results in a more nutritious diet, and can combat obesity.

FEDERAL FOOD PROGRAMS

Food banks and soup kitchens emerged in the decades after the Great Depression to address the food needs of hungry Americans. The need for such programs skyrocketed in the economic recession of the 1980s, with emergency food programs becoming permanent replacements for federal programs. The system prevails, but is inadequate and unsustainable. Recognizing this, anti-hunger advocates began to embrace a long-term vision of food security to address the entire food system, systemic roots of poverty, and cycles of poverty, including: living wage, nutrition and community-based programs that promote self reliance. This is a movement from food charity to food justice. (source: whyhunger.org)

»»» RESOURCES

World Hunger Year: fighting the root causes of hunger and poverty by supporting grassroots organizations that create self-reliance, economic justice, and equal access to nutritious and affordable food. www.whyhunger.org

Food Research and Action Center: the leading national anti-hunger/undernutrition policy and advocacy organization. Extensive research, news and updates about hunger issues. www.frac.org

Feeding America: the leading hunger-relief organization in the US. Lots of info about hunger and hunger relief in the US. www.feedingamerica.org

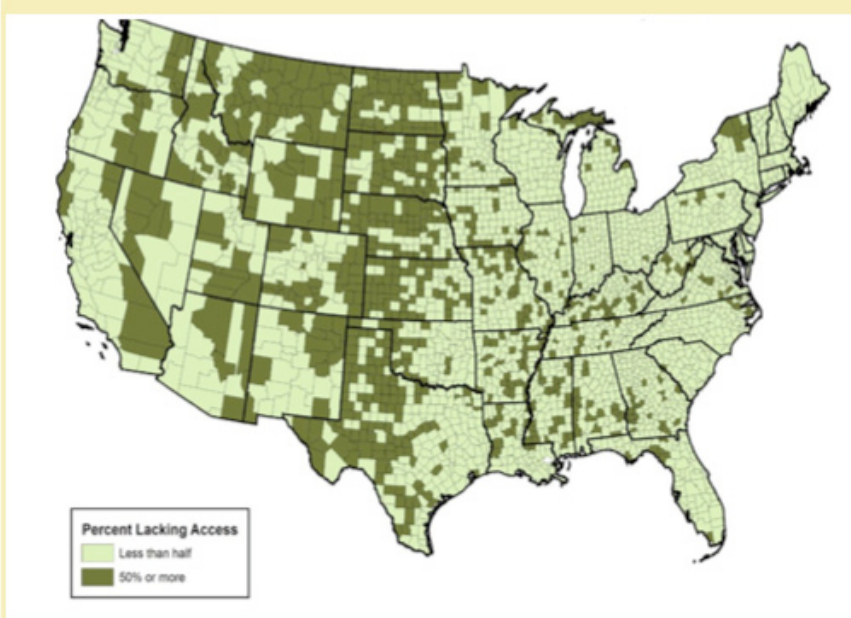
People's Grocery: a community-based org in West Oakland, CA that develops creative solutions to the health of the community that stem from a lack of access about healthy, fresh foods. www.peoplesgrocery.org

Roots of Change: a coalition of CA-based community food projects and resources. www.rocfund.org

White Earth Land Recovery Project: Minnesota-based organization founded by Winona LaDuke that facilitated the recovery of the land base of the White Earth Indian Reservation and restoration of traditional practices including agriculture and food preservation. www.nativeharvest.com

Food Not Bombs: a decentralized movement of community groups who reclaim food that would otherwise be thrown out and prepare free meals for the community, often in public places, sometimes on a regular schedule. www.foodnotbombs.net

Map 1: Percent Lacking Convenient Access to a Supermarket or Supercenter in U.S. Counties, 2000



FOOD DESERTS

This term is often used to refer to a region, urban or rural, with inadequate access to fresh, healthy food. It may be a region without access to land for growing food, or without access to grocery stores or markets to buy fresh food. It's not the best term, however, as it connotes a place devoid of any resources whatsoever, when in fact, individuals and organizations in many of these regions do great work to build up food access for their community.

**REAL FOOD
CHALLENGE**

*Uniting students for just
and sustainable food.*

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