

Turkeys Tackling Hunger

General Information Packet

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•25 YEARS•

Overview of Hunger in Central Texas

Important Hunger Facts from 2008-2009

A regular supply of nutritious food is crucial to overall health and quality of life

- Hunger remains a significant problem in our community
 - Texas has the highest food insecurity rate in the nation for those 18 years and younger (food insecurity is defined as the inability to obtain adequate amounts of nutritious food necessary for a healthy lifestyle)
 - In Central Texas, 1 in 4 children and 1 in 5 adults is hungry or food insecure
 - 11% of school age children in Hays County live in poverty (2008 Federal Poverty Level is \$21,200 for a family of four)
 - Number of students who qualify for free- or reduced-lunch programs in the San Marcos CISD is 68 %; 48% in Hays CISD
 - 34% of Capital Area Food Bank clients in Central Texas reported having to choose between paying for food and buying medicines in a 2006 survey

- Who is hungry?
 - Elderly people living on fixed incomes, low income families & children, people living paycheck to paycheck, the sick and disabled, the homeless, and those suffering from hard times.

- Why are people hungry?
 - Failure to make a living wage, poverty, high cost of living to include food, utilities, rent, health care/medicines, and temporary circumstances that might cause a person to lose a job or paycheck

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Food Bank Fact Sheet

Current Food Bank Statistics

Founded in 1984, the Food Bank has a 25 year history of service and stability in the community

- The Food Bank feeds hungry people in two ways:
 - At public distributions of food, Monday through Friday throughout Hays County
 - In 2008, we served families an average of 3,241 times per month and distributed over \$900,000 of food throughout our service area at no charge
 - Through local agencies that work with low-income people
 - Last year, over \$300,000 worth of food was distributed to over 60 local agencies at no charge, 12 of which are United Way of Hays County agencies
- 1,376 families throughout Hays County received a Holiday Meal consisting of a turkey and all the trimmings in November of 2008

Without the Food Bank, the value of this important community resource – over \$750,000 worth – would have been lost to low-income people in our area. Funding of the Food Bank allows us to access, distribute, and develop these sources of food and pass it along to those in need. The work of the agency has a direct impact upon the overall health and quality of life for citizens of San Marcos.

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About the Hays County Food Bank

Mission: The mission of the food bank is to feed hungry people in Hays County, Texas.

Purpose: The food bank functions as both a food pantry that distributes food at our public sites Monday through Friday and as a food bank that passes food along at no charge to local partner agencies that work with low income people. Partner agencies include local social service organizations, churches, schools, home health providers, local shelters, and various other organizations that work with low income residents in our area. In 2008, the food bank passed along over \$400,000 worth of food to over 60 partner agencies at no charge.



Service Area: The food bank serves all of Hays County, Texas and citizens living within the bounds of the San Marcos and Hays Consolidated Independent School Districts.

Numbers Served: In 2008, the food bank served food to families an average of 3241 times per month.

Client Profile: People who receive food include the elderly living on fixed incomes, children, low-income working families, the sick and disabled, and those suffering from hard times due to illness, injury, or loss of a job.

Community Impact: In 2008, the food bank distributed over 500,000 pounds of food to the community at public distributions and through agencies. Without the work of the food bank, this valuable community resource would have been lost to people in need.

Financial Information: The food bank is incorporated as a non-profit corporation under the laws of the State of Texas for the stated charitable purpose of feeding hungry people in Hays County, Texas. Donations to the food bank are tax deductible as defined by law.

Hays County Food Bank Turkeys Tackling Hunger

People are hungry...

Feed a Family for Thanksgiving!

During the holidays, many families struggle to afford the traditions that many of us take for granted, such as a holiday meal. They need your help.

Last year the Food Bank gave a turkey and a box filled with the trimmings for a holiday meal to over 1370 families in need throughout Hays County. Your donation can help us do it again this year!



What's in a Turkey Box?



- 1 turkey
- 4 cans of corn
- 4 cans of green beans
- 2 cans of yams
- 1 box of stuffing mix
- 1 can of cranberry sauce
- 3 onions
- 6 potatoes*
- 1 bunch of celery
- 1 loaf of bread
- 1 dessert

* may be substituted with instant potatoes

Hays County Food Bank Turkeys Tackling Hunger

People are hungry...

Feed a Family for Thanksgiving!

Make Your Donation Now!

The Hays County Food Bank will be collecting donations of food and money from October 5 – November 30. Donations can be made online at **TurkeysTacklingHunger.org**

\$20 provides a family with a turkey and the trimmings for a holiday dinner *



*Donations will be used to purchase food and support the ongoing operating expenses of the food bank.

Contact Us

The Hays County Food Bank
220 Herndon St.
San Marcos, TX 78666
Phone: 512-392-8300
Email: info@haysfoodbank.org
Visit our website: www.HaysFoodBank.org
Join us on Face Book



•25 YEARS•

Hays County Food Bank

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Resources on Food and Hunger

Websites

i. FeedingAmerica.org - (Formerly named Second Harvest) The Nation's Food Bank Network is the nation's largest charitable hunger-relief organization.

ii. www.pbs.org/opb/meaningoffood/
The Meaning of Food – This PBS series and interactive website is an exploration of culture through food. What we consume, how we acquire it, who prepares it, who's at the table, and who eats first is a form of communication that is rich with meaning.

iii. www.FreeRice.com In this online vocabulary game, for each word you get right, we donate 20 grains of rice to the [United Nations World Food Program](http://www.un.org/welcometotheun.org/8000/8000_2008_01_20_01.shtml).

iv. www.heifer.org/learn - Heifer International features a section for educators that features activities to inspire

Books for Children

Barron, Rex. *Showdown at the Food Pyramid*. New York, NY: G.P. Putnam's Sons, 2004

Hollyer, Beatrice. *Let's Eat: What Children Eat Around the World*. New York, NY: Henry Holt and Co., 2004.

MacDonald, Fiona. *Discovering World Cultures: Food*. New York, NY: Crabtree Publishing Company, 2001.

Sears, William and Martha. *Eat Healthy, Feel Great*. Boston, MA: Little, Brown, 2002.

Sheen, Barbara. *Foods of Japan*. Farmington Hills, MI: KidHaven Press, 2006.

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Solheim, James. *It's Disgustin and We Ate It!: True Food Facts from Around the World and Throughout History*. New York, NY: Aladdin, 2001.

Spier, Peter. *People*. New York, NY: Doubleday Books, 1980.

Winner, Ramona Morena. *Freaky Foods from Around the World*. Santa Barbara, CA: Brainstrom Three Thousand, 2004.

Hays County Food Bank

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Books for Adults

Ableman, Michael. *From the Good Earth: A Celebration of Growing Food Around the World*. New York, NY: Harry N. Abrams, Inc., 1993.

Civitello, Linda. *Cuisine and Culture: A History of Food and People*. Hoboken, NJ: John Wiley & Sons, Inc., 2003.

Harris Patricia, David Lyon and Sue McLaughlin. *The Meaning of Food: The Companion to the PBS Television Series*. Guilford, CT: Globe Pequot Press, 2005.

Heine, Peter. *Food Culture in the Near East, Middle East, and North Africa*. Westport, CT: Greenwood Press, 2004.

Kingsolver, Barbara. *Animal, Vegetable, Mineral: A Year of Food Life*. HarperCollins, 2007.

Mack, Glenn R. and Asele Surina. *Food Culture in Russia and Central Asia*. Westport, CT: Greenwood Press, 2005.

Menzel, Peter and Faith D'Aluisio. *Hungry Planet: What the World Eats*. Napa, CA: Material World Press, 2005.

Menzel, Peter and Charles C. Mann. *Material World: A Global Family Portrait*. San Francisco, CA: Sierra Books, 1994.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. Penguin, 2007.

Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. New York, NY: Houghton-Mifflin, 2001.

Tannahill, Reay. *Food in History*. New York, NY: Three Rivers Press, 1989.

Van Wyk, Ben-Erik. *Food Plants of the World*. Portland, OR: Timber Press, Incorporated, 2005.

DVD / VHS

Gargiulo, Maria and Marcus Samuelsson. *The Meaning of Food*. Alexandria, VA: PBS Home Video, 2005.