

Food Security

What is Community Food Security?

The United Nations defines Food Security as; Food security exists when all people, at all times, have access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. To learn more about the work of the UN food program visit www.wfp.org

The United State Department of Agriculture defines food security as; Food security for a household means access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum (1) the ready availability of nutritionally adequate and safe foods, and (2) an assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies). To learn more about the USDA and the role they play in food security visit www.usda.gov

The Community Food Security Coalition, Community food security is a condition 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

1 in 7 Utah Households Struggle to Afford Enough Food

What is Food Insecurity:

Households who rely on socially unacceptable ways to meet their nutrition needs are considered food insecure, households often have to resort to accessing emergency food pantries, scavenging, stealing, or other coping strategies.

- One in 7 Utah households (118,000) struggles to afford enough food.

Poverty:

- 9.7% of residents in Utah live in poverty.
- The U.S. Department of Agriculture estimates that 5.1 percent of Utahns deal with hunger and 14.5 percent are food insecure. During the past year: the price of cheese has increased by 14.7 percent, the price of eggs increased by 23.2 percent, and bread prices increased by 15.9 percent.

Federal Nutrition Programs:

- Only 60% of eligible households participate in the Food Stamp Program.
- The average food stamp household is 2.5 people.
- Food stamps provide a modest \$1per person per meal
- The average food stamp allotment in Utah is \$224 a month.
- One in 3 kids in Utah receive school meals at free or reduced price.
- In July 2008 57,642 households received benefits from the Food Stamp Program

World Food Day

October 16th

World food Day is a worldwide event designed to increase awareness, understanding and informed year-around action to alleviate hunger.

How Can I Make a Difference ?

Direct Service

- Contact your local emergency food pantry to find out what needs are most urgent.
- Volunteer to deliver meals or food boxes to home bound individuals.
- Have extra produce? Donate it to your local emergency food pantry.
- Consider purchasing “shares” for low-income families in Community Support Agriculture program. *A CSA is a program in which a farmer sells shares in*

Advocacy

- Support efforts to make federal nutrition programs more accessible. Contact Utahns Against Hunger to find out how to get involved. Gina Cornia 328-2561.
- Contact your elected officials about issues you care about, i.e.; open space, funding for nutrition programs, and other related issues.
- Run for office on the local, state or national level.
- Attend Citizen’s Day at the Legislature, call the Utah Community Action Partnership Association for more

Personal Choices

- Be mindful of food waste while shopping, dining out, and cooking at home.
- Plant a garden and share your harvest.
- Plant edible landscape; make your next tree a fruit tree.
- Go through your cupboards and give away anything you haven’t used in a year.
- Get involved with local programs that encourage urban farming like Wasatch Community Gardens
www.wasatchgardens.org, Salt Lake Community Action Program
www.slcap.org, Utah Community Gardens Network www.utahgrows.org, and Red Butte Garden University of

Supporting Local Economies

- Support your local farmer’s market.
- Ask your farmer’s market/road side stands to consider accepting food stamp benefits.
- Support a local farmer by buying a share of his/her harvest through a community supported agriculture program.

For More Information on how to make a difference locally:

Crossroads Urban Center 801-364-7765
One World Everybody Eats 801-519-2002.
Utahns Against Hunger 801-328-2561
Wasatch Community Gardens 801-359-2658

www.crossroads-u-c.org
www.oneworldeverybody.org
www.uah.org
www.wasatchgardens.org