



What is Food Insecurity?

The lack of access, at all times, to nutritionally adequate foods for an active, healthy life due to financial hardship

Child Hunger In Philadelphia

National Hunger Awareness Day, June 3, 2008

Executive Summary

One Philadelphia child out of three lives in poverty. 7,600 young children and their parents are at risk for food insecurity and hunger in Philadelphia. Food insecurity negatively affects children's mental, physical and social development. Most recent national data from the United States Department of Agriculture shows that 12.6 million children experienced food insecurity at some point last year and 16.8% of children under 18 live in food insecure households.

The GROW Project participates in the multi-site study, that investigates the impact of public policies on the health and wellbeing of young children that has included more than 30,000 families from around the country and over 3,000 in Philadelphia alone. Our research informs evidence-based policy decisions that prevent child hunger and promote children's health. This report gives the results of three years of data collection at St. Christopher's Hospital for Children from January 2005 to June 2007.

The Farm Bill

The Farm Bill was successfully passed on May 22, 2008 after a veto override from Congress.

- ◆ There will now be "indexing" of the Food Stamp allotment to match changes in inflation
- ◆ More than 10 billion dollars will be invested into improving childhood nutrition through education and outreach

The Real Cost of a Healthy Diet & The Thrifty Food Plan (TFP)

Food stamp maximum benefits allotments are determined by the theoretical cost of the TFP

- ◆ The TFP consists of menus and recommended food items that serve as a national guideline for the basis of the most cost effective, nutritionally sound diet
- ◆ The GROW Project's Real Cost of a Healthy Diet study reveals that food stamp benefit allotments are inadequate for a healthy diet in Philadelphia.

Hunger does not take a summer vacation

With school soon to be out for the summer, it is important to remember that hunger does not take a summer vacation.

- ◆ The rates of food insecurity for Philadelphia are slightly higher than the national average at 13.6% of households and the rates for African Americans and Latinos are still almost twice the rate for whites.

Child care subsidies

Child care subsidies have been touted as a program important for helping to pull working mothers out of poverty.

- ◆ Funding for child care subsidies, a program to assist families with child care at minimal cost, has not increased in the past 6 years.

It is time to put the power back into the hands of the mothers through the new study **Wit-**



The Philadelphia GROW Project—www.growproject.org

The Philadelphia GROW Project is a nutrition and growth initiative for children and their families.

Funded by Claneil Foundation, Inc., PEW, and public/private donors like you.

The Farm Bill



United States Department of Agriculture

America's Farm Bill



2007

Championing the children and the poor, Congress overrides President Bush's veto and passes the Farm Bill into law on May 22, 2008

- \$10.361 billion to be invested in nutrition programs
- \$1.26 billion in additional funds to be invested in The Emergency Food Assistance Program
- Raising and indexing of the minimum Food Stamp deduction
- Increases the minimum food stamp benefit
- \$1.02 billion in additional funds to the after school snack program
- Provides \$3 million to help bring fresh foods into urban food deserts
- ◆ **The average WEEKLY food stamp allotment for a single working mother with two children is \$37**
- ◆ **Children comprise 1/2 of food stamp participants**

Real Cost of a Healthy Diet

The Thrifty Food Plan is not so thrifty



Thrifty Food Plan (TFP)

- Guide to shopping on a Food Stamp Budget
- Basis for food stamp allotments
- Contains a list of food items and recipes

Did you know?

The maximum monthly food stamp allotment for a family of four is \$542.00. Very few families receive the maximum benefit.

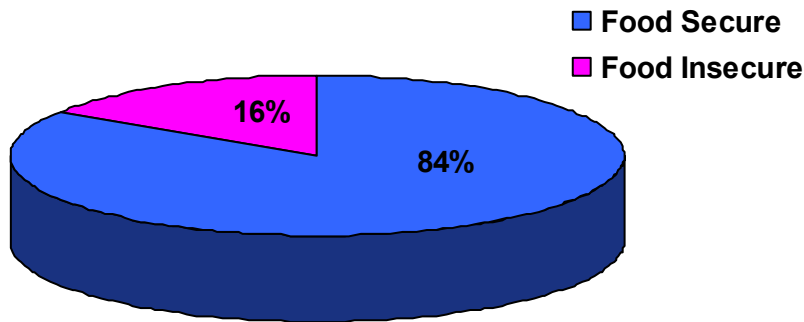
In Philadelphia, the average loss for a family of four receiving the maximum allotment of food stamps is \$203 per month, or \$2,431 per year.



www.growproject.org

Food Insecurity in Philadelphia

Household Food Insecurity
C-SNAP Philadelphia



Nationally (2006)

- 11.9% or 35.5 million people were food insecure
- 17.2% or 12.6 million children were food insecure

Philadelphia C-SNAP Data (2006)

- 13.6% of households were food insecure
- 25% of households with children were living at greater than 200% of the federal poverty line

Food Insecurity

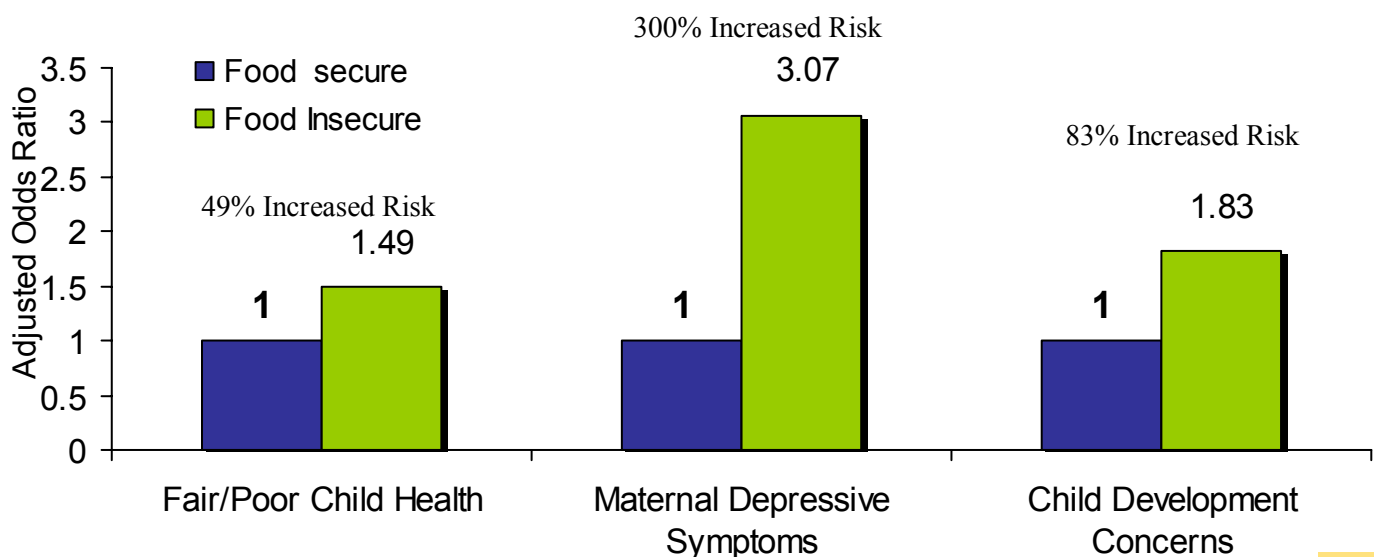
According to C-SNAP data

- ◆ Children who live in **food insecure households are two times** more likely to have reported fair/poor health
- ◆ Children who live in **food insecure households are 30% more likely to be hospitalized** than children who live in food secure households

Household food insecurity has been estimated to cost \$90 billion a year for:

- ◆ Increased health-care
- ◆ Reduced worker productivity
- ◆ Lost educational attainment
- ◆ Cost of maintaining emergency feeding programs

Risk of Food Insecurity & Health Outcomes in Philadelphia



Controlled for site, race, child age, caregiver age, marital status, educational, birth weight, child breastfed

Child Care Subsidies

The period of most brain growth and development is from age 0-3; it is vital that we ensure an optimal environment for our children to grow and develop—especially when they are in the care of others

According to the Public Citizens for Children and Youth:

- ◆ There has been a 400% increase in the number of children on the child care subsidy waiting list in the 5 Philadelphia counties
- ◆ In 2007, Philadelphia had 5,401 children 0-12 on waiting list
- ◆ Average family of 4 will pay approximately \$19,500/year in childcare



Food is a bendable resource—childcare is not.

No mother should have to decide between using the money she makes to feed her family or to pay for childcare while she is at work.

- ◆ The Bush administration has frozen child care subsidy funding increases for the past 6 years
- ◆ Rendell administration proposes an increase in state child care subsidy funding BUT an increase of \$9 will only reduce the waiting list in half

Witnesses to Hunger



Philadelphia Inquirer, May 6, 2008

It's high time that women who experience household food insecurity speak out, and become involved. GROW is launching a new participatory study. Women will have Canon PowerShot digital cameras to document their lives and tell policy makers and the public the real story from their own points of view.

Stay tuned for more.
Or write us with comments.



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