



FOOD INSECURITY

CONVERSATION NORMS AND AGREEMENTS

THANK YOU, CITIZEN, FOR TAKING PART IN THIS CONVERSATION. IN THE NAME OF CHANGE, WE DEEM THIS MEETING A RAW, SAFE, AND VULNERABLE SPACE. WE ASK THAT PARTICIPANTS BE AS TRANSPARENT AS POSSIBLE ABOUT THEMSELVES AND THEIR EXPERIENCES, SO THESE CONVERSATIONS MAY GET HEAVY. WE UNDERSTAND THINGS MAY GET QUIET AND/OR AWKWARD, AND THAT'S OKAY. LET'S HONOR THOSE MOMENTS WHILE KEEPING THE CONVERSATION FLOWING. PLEASE FAMILIARIZE YOURSELF WITH THE AGREEMENTS BELOW TO ENSURE THAT YOU AND OTHER PARTICIPANTS CAN BE HEARD.

- **Community Agreements**

- 1. If you are speaking a good deal during our conversation consider moving up your listening. If you are listening a good deal during our conversation consider moving up your speaking. We want to hear from everyone.
- 2. One person speaks at a time. Space is given for those who haven't had a chance to speak.
- 3. Whenever possible, use 'I' statements rather than 'you' statements.
- 4. Many ideas and viewpoints can be true at the same time. Consider using "yes, and" rather than "but" to add to a thought or conversation.
- 5. Each of us is participating in this conversation to listen and learn. Do not undermine or disrupt the experience of the conversation. While we respect the right to different perspectives, in this space we acknowledge and stand against injustice, and we have gathered in a shared commitment to work against it.
- 6. Every person's presence has value. We all have something to offer.
- 7. We aim to address behaviors, ideas, and choices, not who people are.
- 8. Try to be understanding. Listen to the words of others, whether you agree or not. If you are not able to understand their perspective, ask yourself why. What is blocking my understanding? What if this person was a loved one?
- 9. Listen carefully to what someone is saying and be charitable in your interpretation of their words. Don't disregard what they are saying even if you do not agree. This will help you better evaluate their statement or argument and promote positive discussion.
- 10. If you cannot abide by these agreements, you may be removed from the meeting in the interest of keeping the space safe and productive.

WHAT IS FOOD INSECURITY?



Food insecurity occurs when a household does not have consistent and sufficient access to food.

Food insecurity affects millions—and it's about more than hunger. It impacts health, opportunity, and dignity.

FOUR LEVELS OF FOOD INSECURITY

HIGH FOOD SECURITY

A HOUSEHOLD HAS NOT INDICATED ANY PROBLEMS OR LIMITATIONS IN ACCESSING FOOD.

MARGINAL FOOD SECURITY

A HOUSEHOLD WITH FEW REPORTS OF ANXIETY OVER FOOD SUFFICIENCY IN THE HOUSE BUT HAS NOT NECESSARILY CHANGED THEIR DIET OR FOOD INTAKE.

LOW FOOD SECURITY

A HOUSEHOLD WITH REPORTS OF REDUCED QUALITY, VARIETY, OR DESIRABILITY OF DIET, BUT HAS NOT NECESSARILY REDUCED FOOD INTAKE.

VERY LOW FOOD SECURITY

A HOUSEHOLD WITH MULTIPLE REPORTS OF DISRUPTED EATING PATTERNS AND REDUCED FOOD INTAKE.



CAUSES OF FOOD INSECURITY

- ❑ **There is no one root cause of food insecurity. Many contributing factors can be attributed to:**
 - - the growing wealth gap, including unemployment
 - - a lack of affordable housing,
 - - varying income levels.
 - - some households lack adequate transportation
 - - they may have a disability that limits mobility, both of which can make accessing nutritious food more difficult.

IS FOOD INSECURITY A PROBLEM?

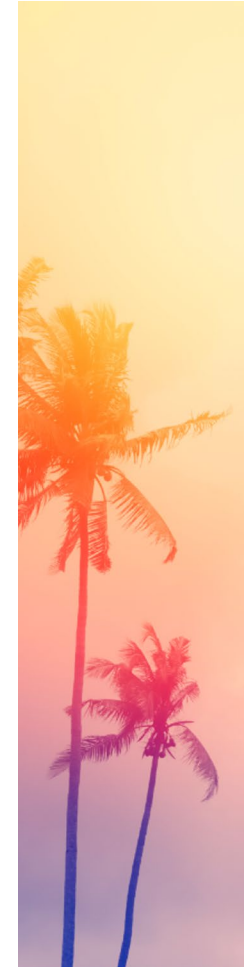
FOR HOUSEHOLDS EXPERIENCING FOOD INSECURITY, THEY OFTEN SPEND UPWARDS OF 27% OF THEIR INCOME ON FOOD. WORRYING ABOUT WHERE THEIR NEXT MEAL WILL COME FROM ADDS PRESSURE AND ANXIETY TO HOUSEHOLDS WHO ARE ALREADY STRUGGLING TO BUDGET AND PRIORITIZE THEIR MONTHLY EXPENSES.

U.S. NUMBERS

828 million people around the globe regularly go to bed hungry

About 19% U.S. children (13.4 million kids) lacked reliable access to adequate food in 2022. This rate has risen nearly 50% since 2021 and represents an eight-year high.

Consider this: child hunger statistic from October 2022: More than **one in four (28%) U.S. households with children reported that kids were not eating enough** because they could not afford food. In 13 states, this statistic was true for more than 30% of households with kids.



CONNECTICUT NUMBERS

- According to recent data from sources like [Connecticut Foodshare](#) and [Feeding](#), food insecurity has increased by about 40% since 2020, with higher rates seen in urban areas like Hartford, Waterbury, Bridgeport, and New Haven
- **Overall:** About 516,640 people (1 in 7) are food insecure.
- **Children:** Over 122,000 children, or 1 in 6, face food insecurity.
- **Increase:** The number of food-insecure individuals in the state has increased by approximately 40% since 2020.
- **Urban areas:** Food insecurity rates are higher in some cities, reaching 20-25% in places like Hartford, Waterbury, Bridgeport, and New Haven.
- **Demographics:** Certain groups face disproportionately higher rates, including 1 in 4 Black and 1 in 4 Hispanic persons in Connecticut.



HEALTH IMPACTS

PUT SIMPLY, HUNGER'S TOLL CAN BE LIFE-ALTERING

- Hunger and health are deeply connected. [People who are food insecure](#) are disproportionately affected by diet-sensitive chronic diseases such as diabetes and high blood pressure, and according to research, food insecurity is also linked to many adverse effects to overall health.

Food insecurity can lead to Type 2 diabetes, high blood pressure, heart disease, and obesity.

More than half the households the Feeding America network serves have at least one member living with high blood pressure and more than one-third have a member with diabetes.

Children at risk of hunger are more likely to be in poor health and struggle in school

HUNGER HEALTH IMPACTS

long-term food insecurity can lead to malnutrition, impaired growth, weakened immune systems, anxiety, and depression

The choice between food and controlling the disease can even lead to complications like kidney disease, eye disease, and nerve damage.

Short-term effects include headaches, dizziness, and difficulty concentrating.

GROCERY PRICES UP ALMOST 30% IN 5 YEARS

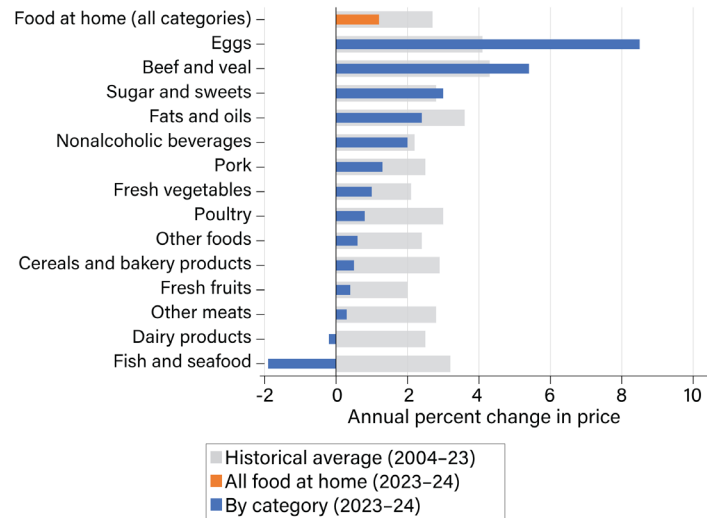
-Prices spiked during the beginning of the pandemic

-Prices spike at the beginning of the Ukraine/Russian War.

-Prices rose 29% since Feb 2020. Source: Bureau of labor
Statistics

FOOD PRICES ESCALATED

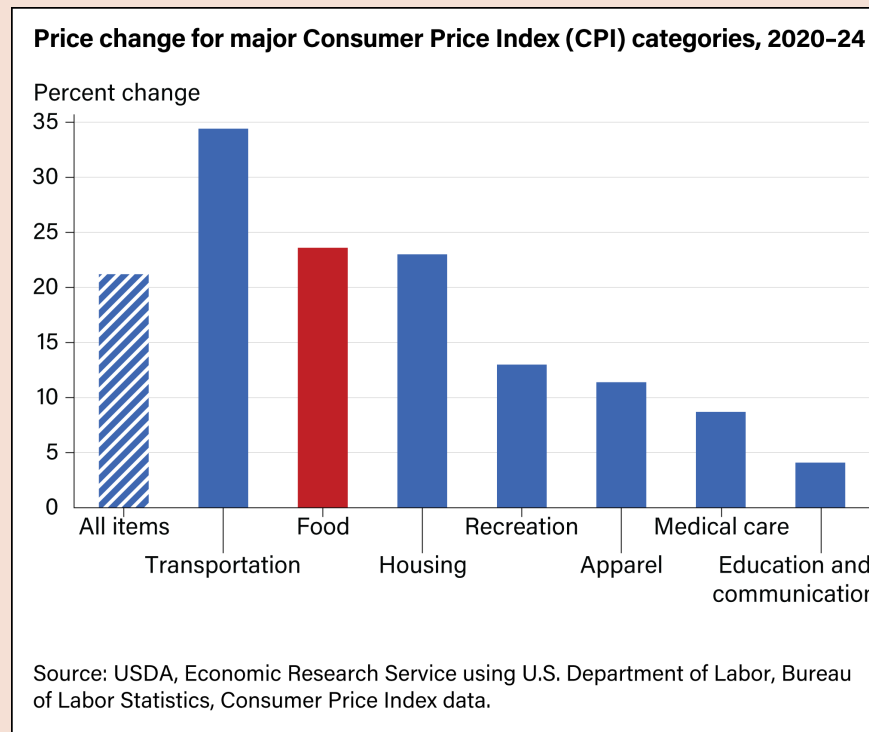
Price changes for U.S. food-at-home categories, 2023-24



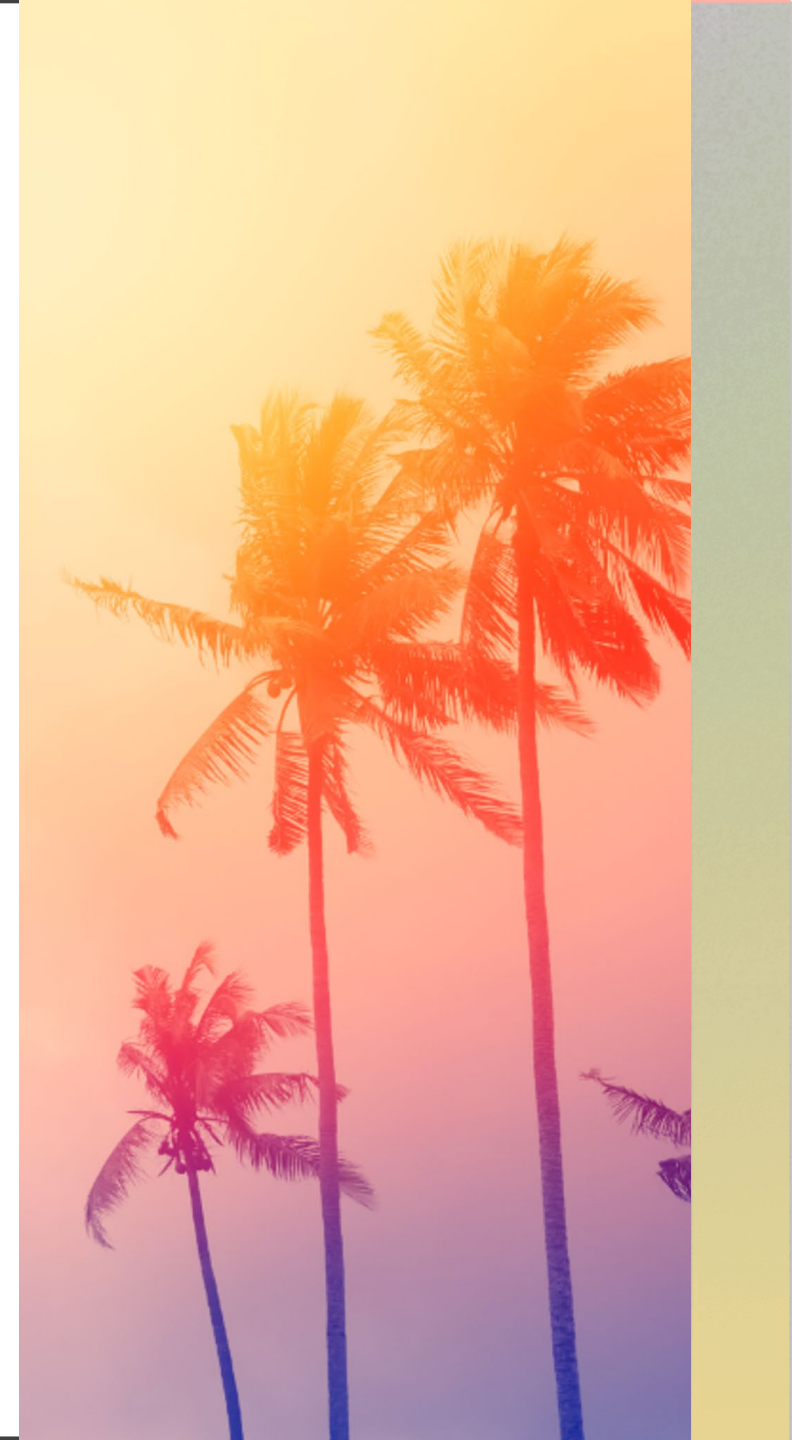
Note: Food at home is typically purchased from grocery stores or other food stores. Other foods include soups, frozen and freeze-dried prepared foods, snacks, spices, seasonings, condiments, baby food, prepared salads, and other miscellaneous foods. Source: USDA, Economic Research Service using U.S. Department of Labor, Bureau of Labor Statistics, Consumer Price Index data.

INCREASE IN CONSUMER PRICES

From 2020 to 2024, the all-food Consumer Price Index (CPI) rose 23.6 percent, a higher increase than the all-items CPI, which grew 21.2 percent over the same period.



MASTER'S MANNA



CURRENT INITIATIVES

- **Food Pantry**
 1. Set up like a grocery store.
 2. Registration required
 3. We have 10 shoppers every 15 minutes
 4. We average over 500 shoppers a week.
 5. Shoppers have a choice to what foods they want.
 6. Shopping 4 days a week.

CURRENT INITIATIVES

- **Dining Center**
 1. We have a commercial Kitchen
 2. We have a wonderful chef
 3. We offer Breakfast and Lunch on Tuesdays and Thursdays
 4. Full Dinner is offered Wednesday evening
 5. They coincide with shopping times
 6. We served over 500 people each week.

CURRENT INITIATIVES

- **Clothing Distribution Warehouse**
 1. We have a wonderful staff that sorts through all the clothes and create a nice shopping experience for people.
 2. Open 1-2 times per month for shopping.
 3. No cost at all
 4. We have a clothing bin located in Silversmith Park. It is emptied every Monday and Wednesday.
- **340 Quinnipiac Street, Wallingford**

CURRENT INITIATIVES

- **Homebound Individuals**
 - I. -We deliver groceries to approximately homebound individuals every Friday.

2024 STASTICS

- **Food Pantry Visits**
20,612
- **Family Meals Served**
19,064
- **Clothing Donated**
14,619 lbs
- **Volunteer Hours**
19,646 hours

HOW YOU CAN HELP

THANK YOU

MASTER'S MANNA.ORG