

2010

## Feeding America Hunger In America Executive Summary

Local report prepared for Terre Haute Catholic Charities Food Bank



In recent months there have been many stories of hungry people and anecdotal evidence in the media of the increasing problem of hunger.

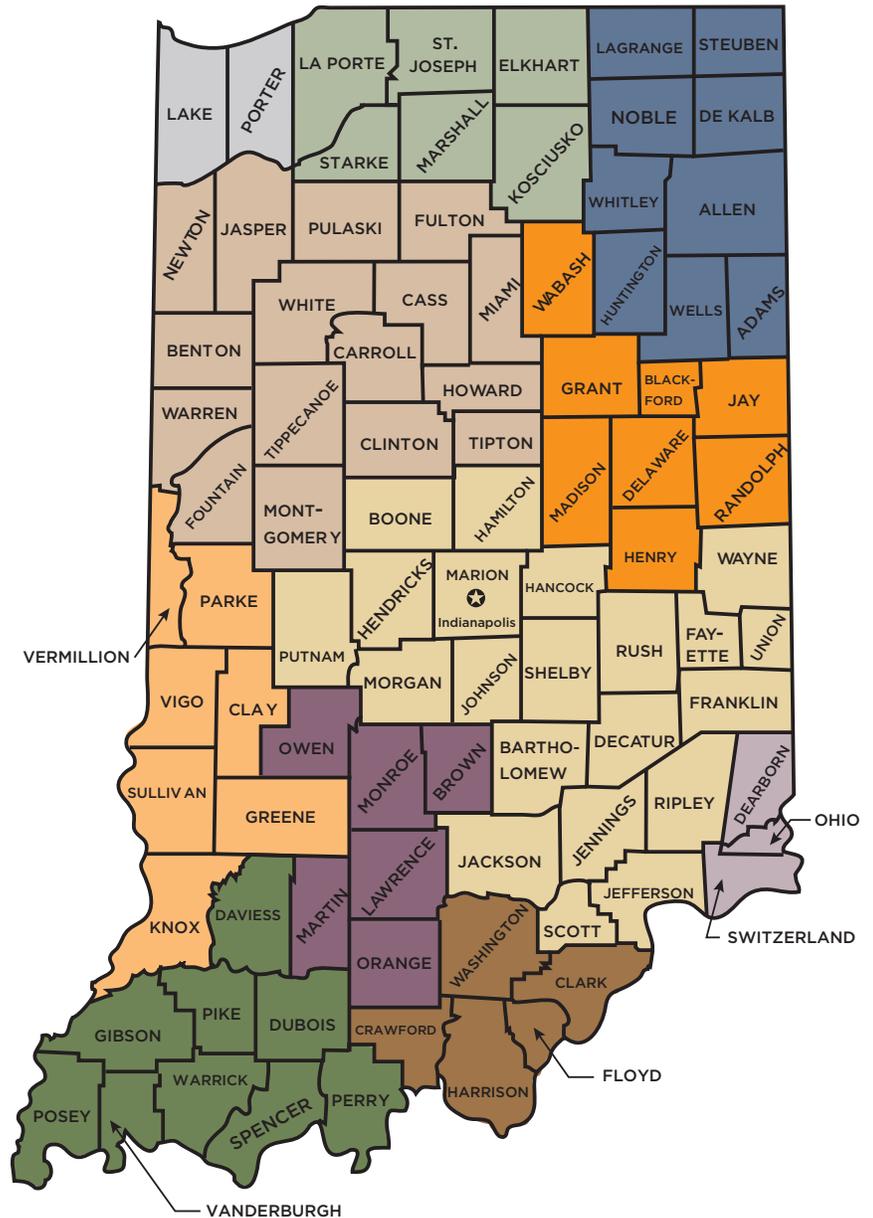
While individual stories inform our understanding of the daily lives of hungry people, the recent nationwide hunger study sponsored by Feeding America (FA) (formerly America's Second Harvest), the nation's largest organization of emergency food providers, offers the most comprehensive study of hunger across the nation, individual states, and our local communities. The FA Hunger in America 2010 surveys the emergency food **programs** whose primary purpose is to feed people in a hunger crisis and the **clients** who receive food from those pantries, kitchens and shelters.

The national study is based on completed in-person interviews with more than 62,000 clients served by the FA national network, as well as on completed questionnaires from more than 37,000 FA agencies. The national report can be found at [www.feedingamerica.org/hungerstudy](http://www.feedingamerica.org/hungerstudy).

The FA Hunger in America study is executed every four years. This is the first one in which all FA member food banks in Indiana have participated and therefore the first time there has been a state-wide Indiana report. Figure A shows the coverage of Indiana counties by FA food bank members. The comprehensive Indiana statewide report can be found at [www.feedingindianahungry.org](http://www.feedingindianahungry.org).

This Executive Summary encapsulates the results from clients and agencies served by Terre Haute Catholic Charities Food Bank. The comprehensive report for the Terre Haute service area can be found at [www.CatholicCharitiesTerreHaute.org](http://www.CatholicCharitiesTerreHaute.org).

FIGURE A: Indiana Food Banks

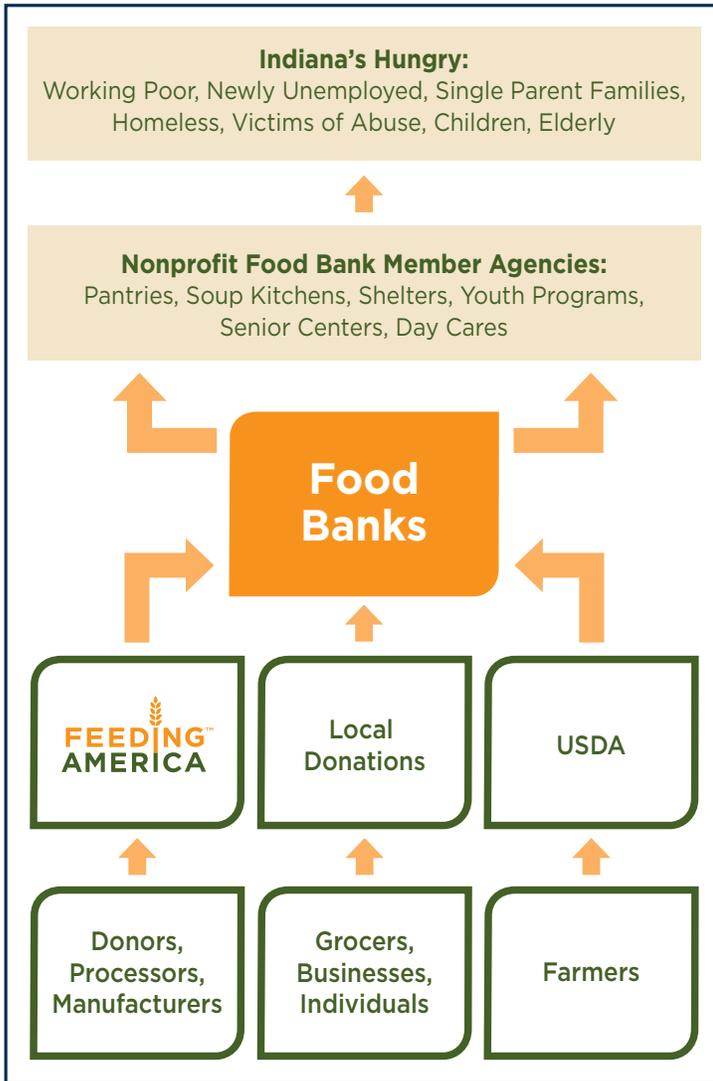


- **MUNCIE, IN**  
 Second Harvest Food Bank of East Central Indiana  
 Phone: 765-287-8698  
 Counties served:  
 Blackford Delaware  
 Grant Henry  
 Jay Madison  
 Randolph Wabash
- **EVANSVILLE, IN**  
 Tri-State Food Bank  
 Phone: 812-425-0775  
 Counties served:  
 Daviess Dubois  
 Gibson Perry  
 Pike Posey  
 Spencer Vanderburgh  
 Warrick
- **GARY, IN**  
 Food Bank of Northwest Indiana  
 Phone: 219-980-1777  
 Counties served:  
 Lake Porter
- **INDIANAPOLIS, IN**  
 Gleaners Food Bank of Indiana, Inc.  
 Phone: 317-925-0191  
 Counties served:  
 Bartholomew Boone  
 Decatur Fayette  
 Hamilton Hancock  
 Jackson Franklin  
 Hendricks Jennings  
 Marion  
 Johnson Putnam  
 Putnam Rush  
 Morgan Shelby  
 Scott Wayne  
 Union
- **LAFAYETTE, IN**  
 Food Finders Food Bank  
 Phone: 765-471-0062  
 Counties served:  
 Benton Carroll  
 Cass Clinton  
 Fountain Fulton  
 Howard Jasper  
 Miami Montgomery  
 Newton Pulaski  
 Tippecanoe Tipton  
 Warren White
- **TERRE HAUTE, IN**  
 Terre Haute Catholic Charities Food Bank  
 Phone: 812-235-3424  
 Counties served:  
 Clay Carroll  
 Greene Parke  
 Knox Madison  
 Sullivan Vermillion  
 Vigo
- **BLOOMINGTON, IN**  
 Hoosier Hills Food Bank  
 Phone: 812-334-8374  
 Counties served:  
 Brown Lawrence  
 Martin Monroe  
 Orange Owen
- **FORT WAYNE, IN**  
 Community Harvest Food Bank of Northeast Indiana, Inc.  
 Phone: 260-447-3696  
 Counties served:  
 Adams Allen  
 DeKalb Huntington  
 LaGrange Noble  
 Steuben Wells  
 Whitley
- **CINCINNATI, OH**  
 Free Store Food Bank, Inc.  
 Phone: 513-482-4500  
 Indiana counties served:  
 Dearborn Switzerland  
 Ohio
- **LOUISVILLE, KY**  
 Dare To Care Food Bank  
 Phone: 502-966-3821  
 Indiana counties served:  
 Clark Crawford  
 Floyd Harrison  
 Washington

## How Does the Food Banking System Work?

Figure B shows the channels through which FA provides food to its 205 member food banks and food rescue organizations. In most cases food banks and food rescue organizations do not directly feed people. They collect food from a variety of sources and distribute it to emergency food programs including pantries, kitchens and short term shelters who do the actual feeding.

**FIGURE B: How Food Banking Works**



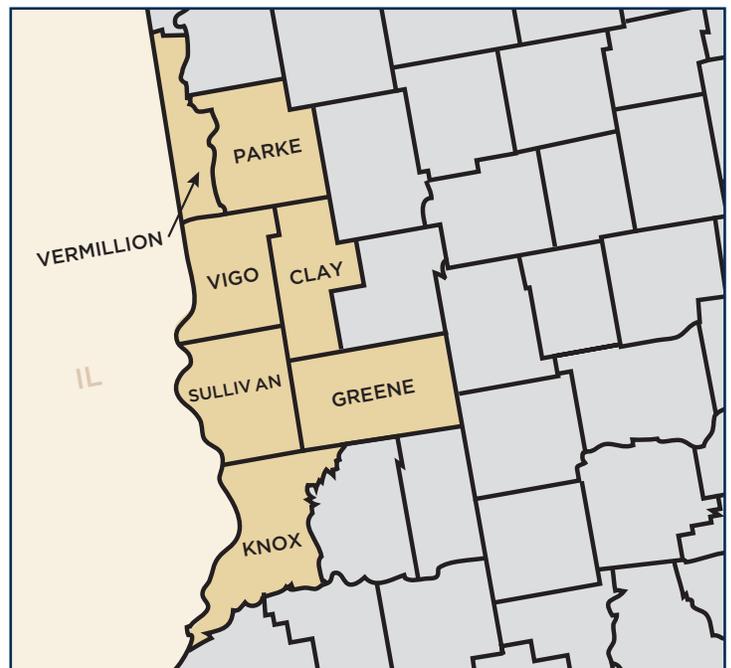
## Terre Haute Catholic Charities Food Bank

For three decades, Terre Haute Catholic Charities Food Bank has been soliciting, collecting and redistributing food to charities who are feeding hungry people. Terre Haute Catholic Charities Food Bank is a 501 (c) (3) not-for-profit and member of FA network which not only provides food to charities for people trying to make ends meet, but also food and supplies to those recovering from natural disasters. For more information about the work of Terre Haute Catholic Charities Food Bank and for the full study Hunger in America 2010 Local Report prepared for Terre Haute Catholic Charities Food Bank, please refer to [www.CatholicCharitiesTerreHaute.org](http://www.CatholicCharitiesTerreHaute.org).

## Who Participated in the FA Hunger in America 2010 Survey in the Terre Haute Service Area?

Figure C shows the Indiana counties served by Terre Haute Catholic Charities Food Bank. While Terre Haute Catholic Charities Food Bank is located in Terre Haute in Vigo County, its service area covers urban, suburban, and rural counties. 62 agencies (emergency pantries, kitchens, and shelters) participated in the Agency Survey and 308 clients of those agencies participated in the Client Survey. The conclusions of this report are based on the responses of the participating agencies and clients.

**FIGURE C: Counties Served by Terre Haute Catholic Charities Food Bank**



## Highlights of Findings

45% of recipients of emergency food are either children under the age of 18 or seniors aged 65 and over.

The average household size receiving emergency food assistance is 3 people.

11% of clients were non-Hispanic black clients while 85% were non-Hispanic white clients. Hispanics represent a small percent of clients.

In the Terre Haute Catholic Charities Food Bank service area, 22% of emergency food clients were food secure and 78% were food insecure. Approximately half of the food insecure clients had low food security and the other half had very low food insecurity. 75% of households with children are food insecure with 34% having very low food security.

## Who Receives Food Assistance?

The FA Hunger in America 2010 estimates that the emergency programs receiving food from Terre Haute Catholic Charities Food Bank provide food assistance to 7,600 different people each week and 32,200 different people each year. There has been a significant increase in pounds of food distributed in the last four years suggesting growth of clients served. In 2006, Terre Haute Catholic Charities Food Bank distributed 1,276,971 pounds, while from July 2008 to June 2009, Terre Haute Catholic Charities Food Bank distributed 1,773,891 pounds of food.

### Demographic Profile of Food Clients

- 72% emergency pantry clients are female
- 47% of emergency kitchen clients are male
- 99% of clients at emergency food programs are US citizens
- 71% of emergency food clients in Terre Haute Catholic Charities Food Bank service area are registered voters
- Less than 1% of emergency food clients are homeless

### Multigenerational and Single Parent Families are Common

- 26% of households with children < 18 are headed by single parents
- 13% of households have a member 65 or older
- 3% of households have a grandparent providing basic needs for a grandchild
- 9% of households have a non family member

*All numbers of .5 or less found in this summary have been rounded down in order to not exaggerate conclusions.*

CHART 1: Age of Emergency Food Recipients

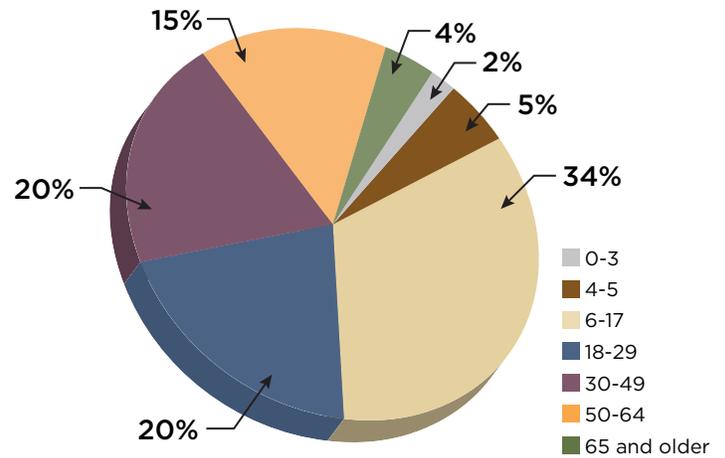
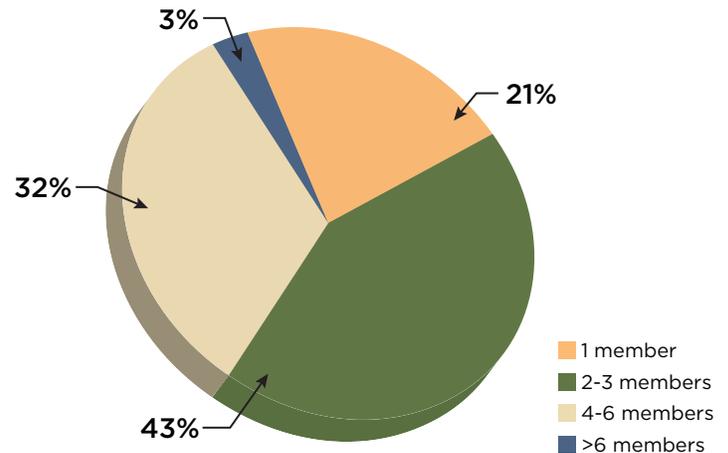


CHART 2: Household Size of Emergency Food Recipients

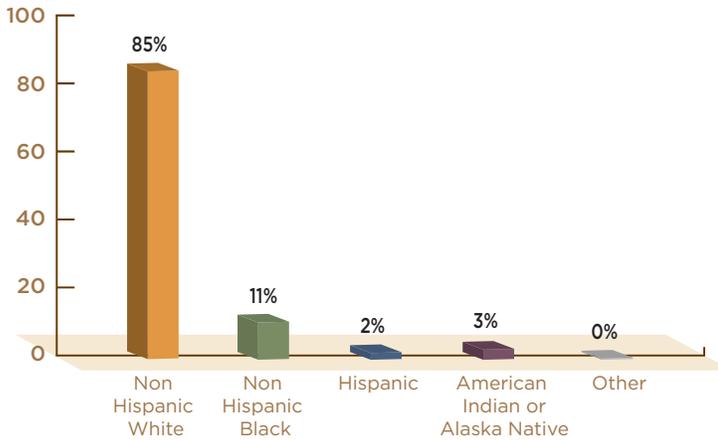


Many people believe that most of the clients receiving emergency food assistance are on welfare, but welfare clients account for 2% of those receiving emergency food assistance.

- The most frequently mentioned source of income (51%) was non-welfare governmental sources such as social security, unemployment compensation, Disability/Workers compensation, and Supplemental Security Income. These sources of income are generally not available to healthy workers who are still of working age.

- The main source of income in the previous month is a job for 30% of respondents.
- Another 6% report no income at all.
- 4% report their main source of income as from non-governmental, non-job sources such as family, child support, alimony, churches, etc.

**CHART 3: Profile of Racial and Ethnic Backgrounds of Emergency Food Clients**



### Why Does the Hunger Report Refer to Food Insecurity Rather than Hunger?

The Merriam-Webster Dictionary defines hunger as a craving or urgent need for food or a specific nutrient, an uneasy sensation occasioned by the lack of food, or a weakened condition brought about by prolonged lack of food. Hunger is a physical feeling which many of us feel when a meal is delayed. Food insecurity refers to the inability of people to obtain sufficient food for their household. Some people may find themselves skipping meals or cutting back on the quality or quantity of food they purchase. This recurring and involuntary lack of access to food can lead to malnutrition over time.

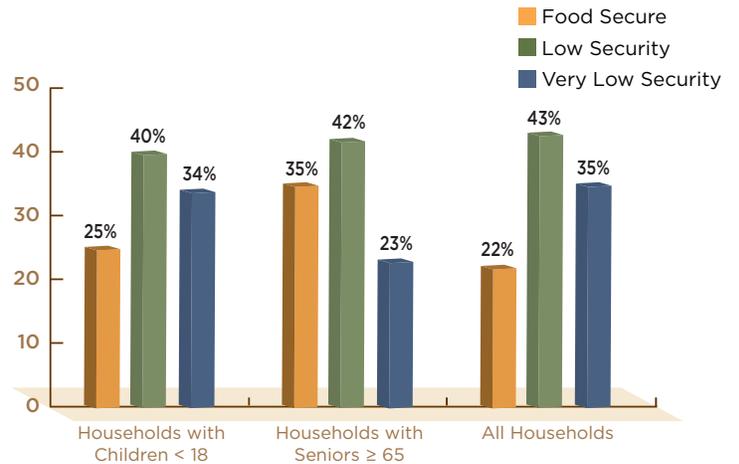
Food security and food insecurity are conceptually defined as follows:

- Food security: “Access by all people 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 (e.g., without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).”

- Food insecurity: “Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”

The hunger study refers to “very low food security” and “low food security,” respectively, in order to distinguish the physiological state of hunger from indicators of food availability. The main distinction between a household being classified as having very low food security and low food security is that households with very low food security have had one or more members experience reductions in food intake or disruptions in eating patterns due to a lack of adequate resources for food. Households with low food security, while faced with food access problems, typically do not experience incidents of reduced food intake.

**CHART 4: Food Security Among Client Households**



Many clients report health issues. 30% of clients reported that at least one member of their household was in poor health. As you would expect, the study found that purchases of food compete significantly with other life necessities such as housing, medical expenses, and transportation.

73% of all client households have household income at or below the federal poverty level. In 2009 the federal poverty level was \$1,526/month for the average client household of 3 people.

34% of all client households have one or more working adults.

18% of all adults had lost their jobs in the previous 11 months.

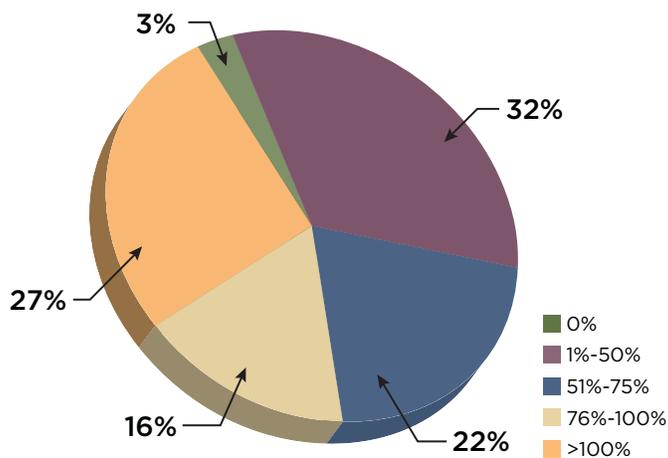
Education level is highly correlated with household income.

- 36% of emergency food clients did not complete high school compared to 14% nationally and across Indiana.
- 73% of emergency food clients had a high school education or less.

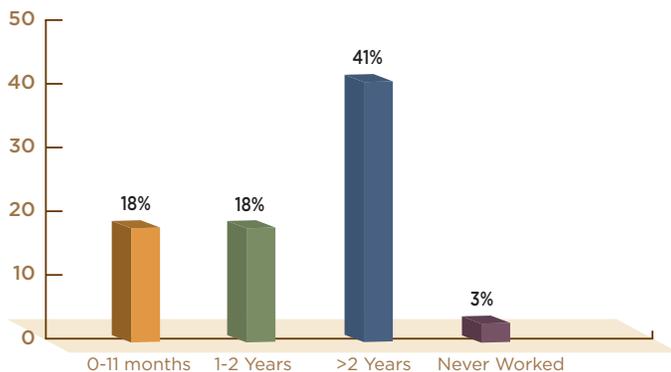
## Why is Emergency Food Assistance Needed?

Many people in Indiana are not able to purchase sufficient food because they are unemployed or underemployed. Their food needs are partially met by the federal safety net programs (e.g. Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), School Breakfast Program (SBP) and National School Lunch Program (NSLP), but additional assistance is needed.

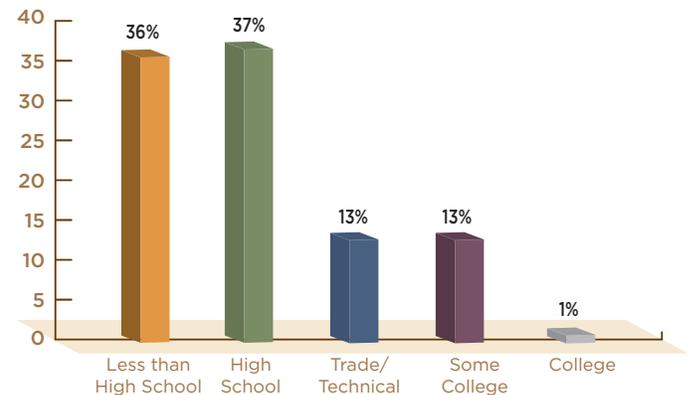
**CHART 5: 2008 Income of Clients Under the Federal Poverty Level**



**CHART 6: Length of Time Unemployed**



**CHART 7: Education Level of Emergency Food Assistance Clients**



## Who Provides Food Assistance? Emergency Food Assistance Providers

Emergency food assistance is provided by food pantries, soup kitchens and homeless shelters, and by the federal government through the state.

There are many experienced service providers in the Terre Haute Catholic Charities Food Bank service area. The average length of operation is 18 years.

- 11% of programs have been serving clients 4 years or less
- 31% of programs have been serving clients 5-10 years
- 50% of programs have been serving clients for 11-30 years
- 8% of programs have been serving clients for more than 30 years

There is a very high level of satisfaction among clients of food pantries, soup kitchens and homeless shelters.

- 88% of clients report that they are treated with respect by the staff all the time.
- Over 97% of clients are very satisfied or somewhat satisfied with the quantity, variety and quality of the food they receive.

84% of emergency food pantries in the Terre Haute Catholic Charities Food Bank service area are faith-based organizations.

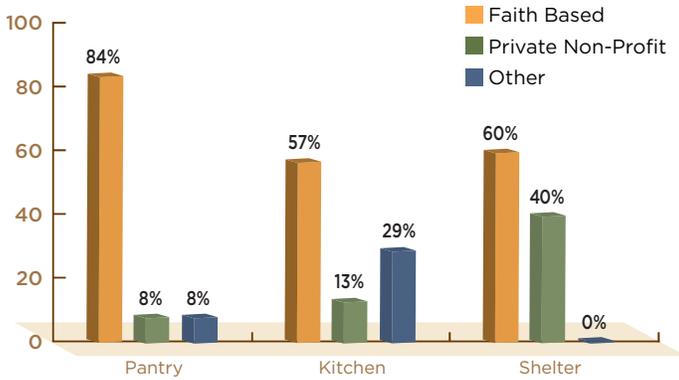
62 of Terre Haute Catholic Charities Food Bank's 69 agencies participated in the FA Hunger Study: 39 food pantries, 9 soup kitchens, and 6 homeless shelters.

Most emergency food providers do not meet other physical needs of their clients.

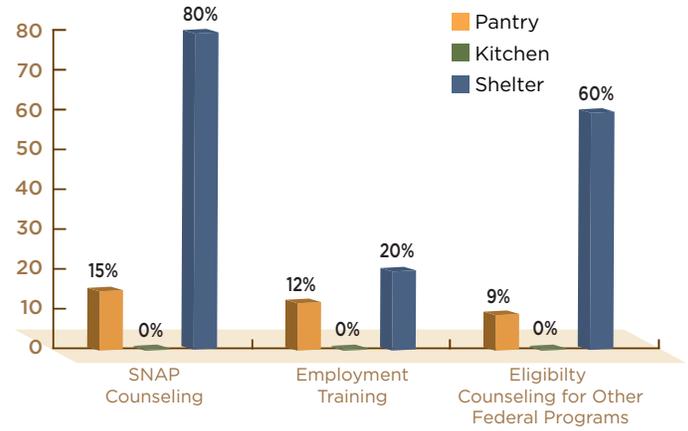
85% of pantry programs do not provide Supplemental Nutrition Assistance Program (SNAP), counseling, employment training, or eligibility counseling for other federal programs.

78% of emergency food pantries, 72% of kitchens, and 40% of shelters reported an increase in clients since 2006.

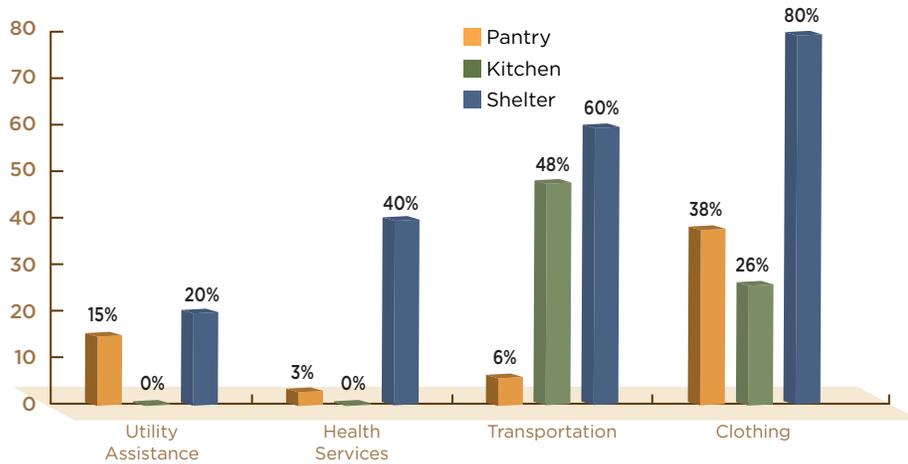
**CHART 8: Agencies of Faith Based and Private Affiliations**



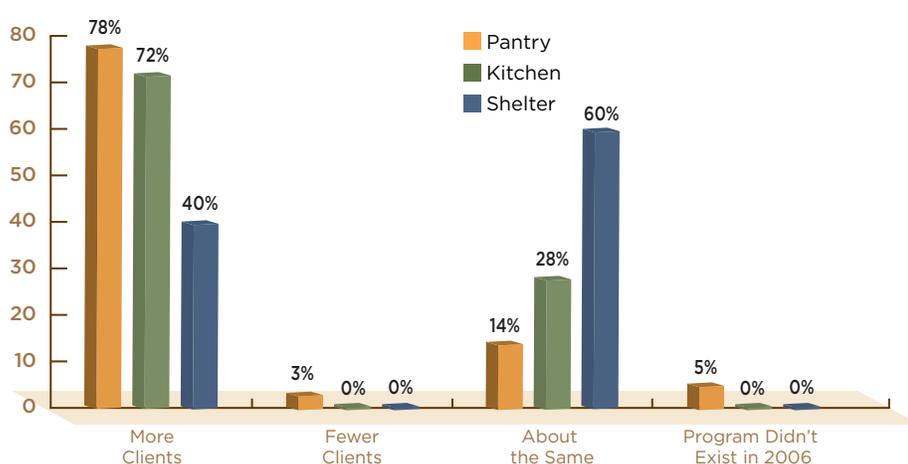
**CHART 11: Percent of Emergency Food Providers Offering Other Services**



**CHART 9: Percent of Emergency Food Assistance Providing Other Assistance**



**CHART 10: Growth of Clients Since 2006**



The most common reason that clients don't apply for SNAP benefits is that they believe they are not eligible.

Other common reasons for not applying for SNAP include:

- It is inconvenient (e.g. it is hard to get to the office).
- Clients do not need SNAP benefits.

## Who Provides Food Assistance? The Federal Government Feeding Programs

While the Feeding America emergency food system provides immediate critical assistance, the US government provides the majority of food assistance to its citizens in need. Given the high need experienced by many clients, it was important to assess whether the clients are receiving all of the government assistance for which they are eligible.

The Supplemental Nutrition Assistance Program (SNAP) is used by many clients of emergency food assistance. SNAP is not intended to supply all the food needed by a household. On average monthly SNAP benefits last for 3 weeks. The program was called "Food Stamps" prior to 2008.

- 80% of clients or household members have ever applied for SNAP benefits.
- 48% of households are currently receiving SNAP benefits.
- 46% of clients who are receiving SNAP benefits have been receiving them for more than 2 years.

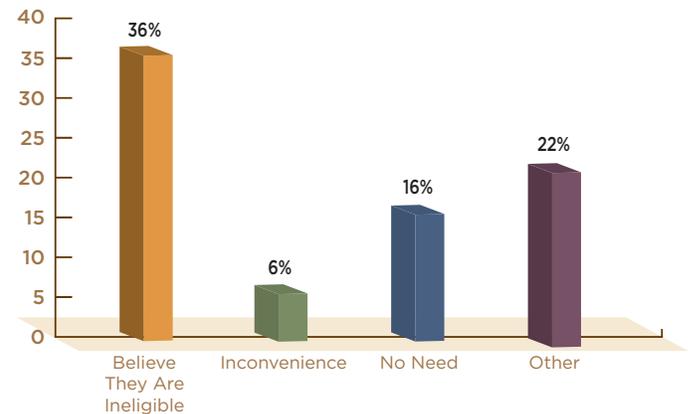
Client households with children and seniors rely on SNAP benefits.

- 65% of clients living with seniors have ever applied for SNAP.
- 92% of households with children younger than 18 have ever applied for SNAP.
- 74% of households with children younger than 5 are currently receiving SNAP.

Although many client households receive SNAP it is likely that many more are eligible.

- 36% of clients who had not applied for SNAP benefits did not do so because they believe that they are not eligible or eligible for only a low benefit amount.
- 23% of all households believed that they were not eligible, but had incomes below 130% of the federal poverty level, the maximum income eligibility.
- 35% of households with children under 18 thought they were ineligible due to income, but in fact were not.

CHART 12: Common Reasons for Not Applying for SNAP



19% of clients had received welfare in the form of General Assistance or Temporary Assistance to Needy Families (TANF) in the previous 2 years.

The SBP and NSLP are used by many children who receive assistance through the Terre Haute Catholic Charities Food Bank network. Of households with children younger than 18, 73% participated in NSLP and 72% participated in SBP. Only 13% participated in the Summer Food Service Program providing free meals to children. The most common reasons for not participating were that they were not aware of the program or that there were no programs near them.

## What is Needed?

While clients are grateful for the help they receive from emergency food providers, most providers are concerned about their ability to meet the needs of their clients. A major cause of their concern is the significant growth in the number of clients in recent years. There have been many anecdotal reports of the increase of people needing food assistance in the media, and the quantitative results of Hunger in America validate them. 78% of Terre Haute Catholic Charities Food Bank food pantries have experienced an increase in the number of clients since 2006.

Of significant concern is that a large majority of emergency food providers feel that their organization's very existence is threatened by lack of sufficient resources. 76% of pantries and 100% of kitchens and shelters believe that they are facing one or more problems that threaten their continued operations.

The problems reported were predominately related to funding and food supplies.

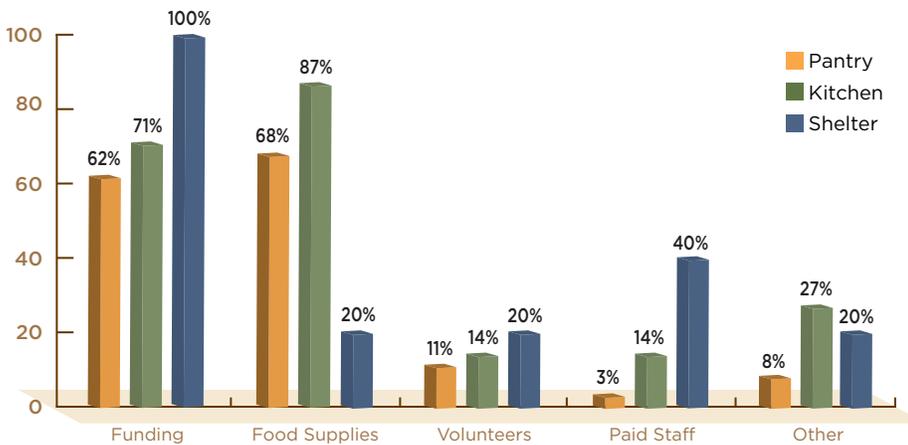
Much of the food distributed by emergency food providers comes from Terre Haute Catholic Charities Food Bank. On the average pantries receive 51% of their food from Terre Haute Catholic Charities Food Bank, kitchens receive 36% of their food from Terre Haute Catholic Charities Food Bank and shelters receive 38% of their food from Terre Haute Catholic Charities Food Bank.

Many emergency food providers are rationing or reducing food portions in order to provide some food to all clients. In 2008 32% of pantries and 13% of kitchens sometimes or always experienced the need to reduce food portions.

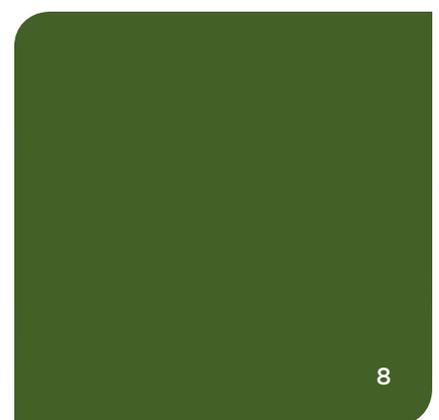
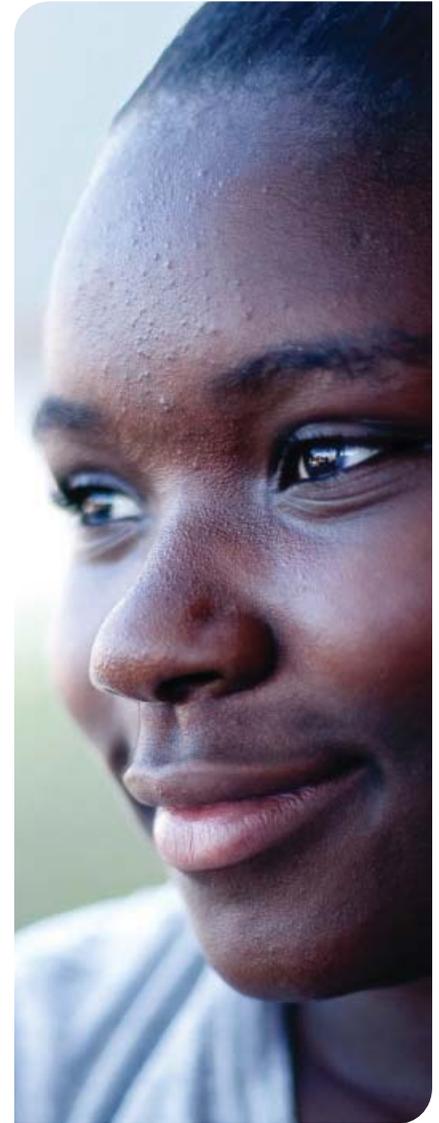
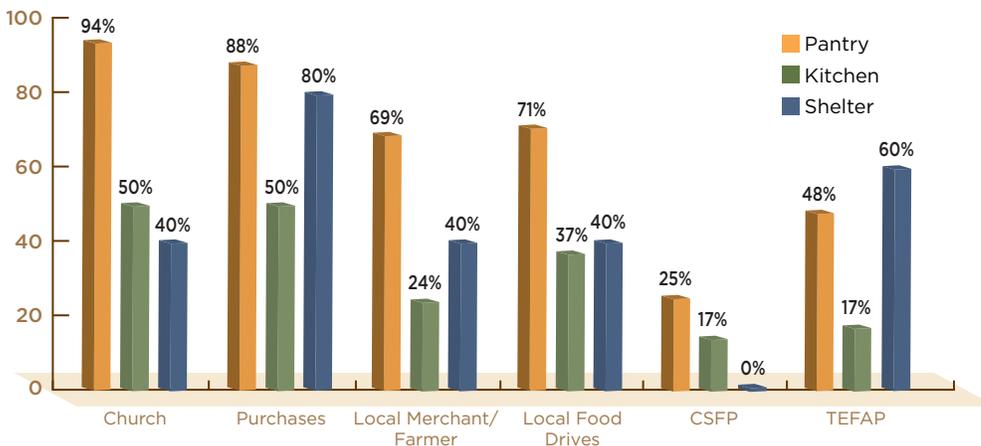
Many emergency food providers turn people away because they do not have enough food. 45% of pantries and 60% of shelters reported turning away clients during the previous year.

- The most frequent reason for pantries to turn away clients was clients abused program or came too often. The second most common reason for pantries to turn people away was lack of food or clients lived outside of service area.
- The most frequent reason for shelters to turn people away was clients exhibiting drug, alcohol or behavioral problems.
- On the average kitchens needed 75 additional meals and shelters needed 35 additional meals per week.

**CHART 13: Problems That Threaten Operations**



**CHART 14: Percent of Emergency Food Providers Accessing Food from Sources in Addition to the Food Bank**



The top 3 needs of **food pantries** are:

- Meat, poultry, fish, beans, eggs, and nuts
- Bread, cereals, rice, and pasta
- Milk, yogurt, cheese

The top 3 needs of **soup kitchens** are:

- Meat, poultry, fish, beans eggs, and nuts
- Milk, yogurt, cheese
- Fats, oils, condiments, and sweets

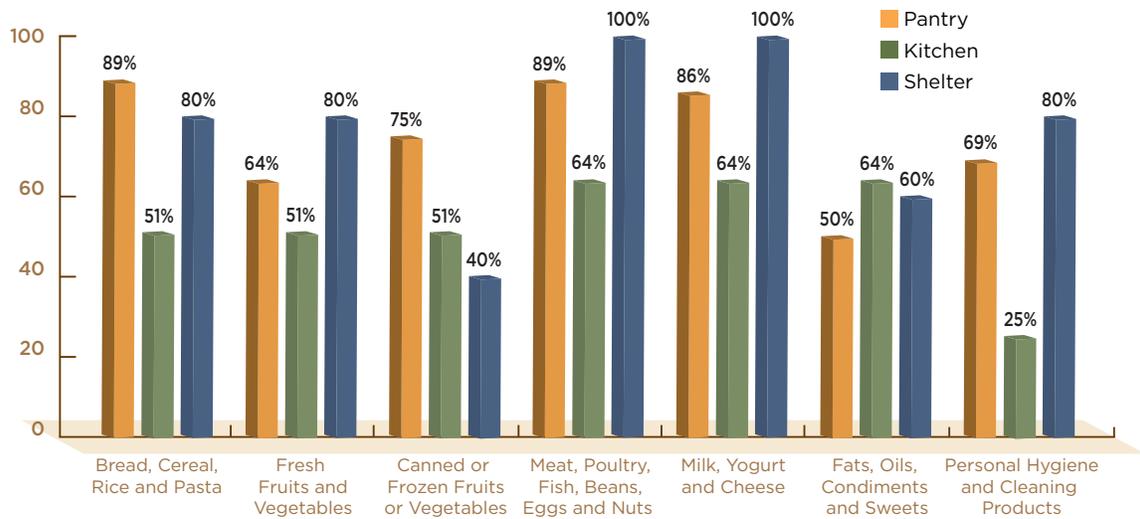
The top 3 needs of **homeless shelters** are:

- Milk, yogurt, and cheese
- Meat, poultry, fish, beans, eggs, and nuts
- Personal hygiene and cleaning products

## Food Donors

It is clear that food donations to local food banks are critical! Food banks are the single largest source of food to most emergency food programs. If you do not currently donate food please consider helping. All emergency food providers need more sources of protein: meat, poultry, fish, beans, eggs, and nuts.

**CHART 15: Needed Items for Pantries, Kitchen, and Homeless Shelters**



## Financial Donors

Financial donations are critical. Food banks are able to leverage every dollar into multiple meals. Financial contributions help food banks purchase critical items such as sources of protein and hygiene products which are not donated in sufficient quantities. Large financial donations also help the food bank repair and purchase trucks, forklifts, refrigerators and other items needed to operate their warehouses.

## Food Bank Employees

Dedicated food bank employees often work long hours at wages lower than they could earn elsewhere. Emergency food providers wish that they could get more food from Terre Haute Catholic Charities Food Bank, but they are clear that Terre Haute Catholic Charities Food Bank is critical to their continued existence. Over 85% of pantries and 72% of kitchens predict significant or devastating impact of the elimination of their food bank.



## Volunteers

Volunteers are critical to the operations of pantries and kitchens.

- On the average a pantry has 0 paid staff and a kitchen has 1.
- 91% of pantry programs and 17% of kitchen programs are entirely run by volunteers.
- The average number of volunteers at a pantry or kitchen is 8.
- The average total volunteer hours in the previous week at a pantry was 37 and at a kitchen was 28.

## Elected Officials

Federal food programs such as SNAP, WIC, SBP and NSLP provide the overwhelming majority of food to those in poverty. These programs must be sufficiently funded and efficiently administered to meet the needs of the growing number of people who need them.

- SNAP is used by many clients receiving charitable emergency food assistance. Almost half of households with children who use charitable emergency food programs in Terre Haute Catholic Charities Food Bank service area are already using SNAP. Many others don't know that they are eligible for benefits.
- Children in nearly 75% of the households using food pantries in Terre Haute Catholic Charities Food Bank service area participate in the SBP and NSLP.

## The Many Ways You Can Help End Hunger

**If you are not currently engaged in the work of helping your neighbors have enough to eat, then we encourage you to do so.**

You can...

- Read the full local report which can be found at [www.CatholicCharitiesTerreHaute.org](http://www.CatholicCharitiesTerreHaute.org), the state report which can be found at [www.feedingindianashungry.org](http://www.feedingindianashungry.org), or the national report findings at [www.feedingamerica.org/hungerstudy](http://www.feedingamerica.org/hungerstudy).
- Donate financially to help Terre Haute Catholic Charities Food Bank provide more of the less commonly donated items like sources of protein.
- Donate food to Terre Haute Catholic Charities Food Bank or to a pantry, kitchen, shelter or other food provider.
- Volunteer at Terre Haute Catholic Charities Food Bank or a local pantry, kitchen or shelter.
- Let your federal representative and senators know that you want them to fully fund programs like SNAP, WIC, SBP and NSLP.
- Contact your state representative and senator to request improvement to the administration of and outreach for the federal programs so that all eligible households can access existing programs.



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[www.feedingamerica.org/hungerstudy](http://www.feedingamerica.org/hungerstudy)

[www.feedingindianahungry.org](http://www.feedingindianahungry.org)

[www.CatholicCharitiesTerreHaute.org](http://www.CatholicCharitiesTerreHaute.org)



Preparation and dissemination of Hunger in America 2010 for Feeding Indiana's Hungry, Inc. and Indiana's food banks was generously funded by Lilly Endowment, Inc.

