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PRESERVATION



Bread for the World
A Christian Citizens' Movement

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FOOD ASSISTANCE BLOCK GRANT COULD INCREASE HUNGER

Bread for the World opposes merging federal food programs into a single block grant to states. We strongly believe that the federal government must maintain responsibility for assuring adequate nutrition for the population. Current proposals to block grant food assistance could increase hunger in the United States.

FOOD PROGRAMS WORK

"Government food assistance programs have a positive, statistically significant effect on dietary levels of nutrients." [USDHHS/USDA 1986 Nutrition Monitoring report.]

U.S. Department of Agriculture research indicates:

- **The WIC Program** reduces infant mortality, low birthweight, and anemia, and improves children's growth and cognitive skills.
- **The Food Stamp Program** increases the nutritional quality of diets by 20 to 40 percent.
- **The School Lunch Program** provides school children with one-third or more of the Recommended Dietary Allowance for key nutrients.
- **The Elderly Nutrition Programs** increase nutritional health for older people who are able to participate.

EFFECT OF BLOCK GRANTS ON FOOD ASSISTANCE

- Current national nutrition standards, federal guidelines for eligibility, and guarantees of nutrition benefits for all low-income people who qualify would be abolished.
- **The WIC Program** would effectively lose the elements that have made it such an important preventive health program. States would no longer be required to provide current levels of nutrition education, health assessment and referrals, and food prescriptions to low-income women and children.
- By capping total funding, food assistance would not be able to expand during recessions or local disasters like hurricanes, floods, or earthquakes when more people need assistance. In bad economic times, state governments receive lower revenues. So funding for food assistance would tend to decline when the need is greatest.

Bread for the World supports reforms in welfare and other assistance programs, especially to improve program coordination and to help employable people into jobs. However, **we urge Members of Congress to maintain the federal government's role in providing a safety net for needy children and families.**

THE PAPER PLATE LETTER

Join a national campaign to oppose block grants for food programs by writing your letter on an empty paper plate. Postage for each plate is 55 cents.

An effective letter contains these three essential ingredients:

1. Request something specific

Protect the nutrition safety net...

2. Name the Action -

...by opposing proposals to replace the federal food programs with a block grant to states.

Date _____

Dear Senator _____, or

Rep. _____,

Please protect the nutrition safety net by opposing proposals to replace the federal food programs with a block grant to states.

The block grant would eliminate uniform national nutrition standards and states could restrict eligibility.

Poor people's plates should not be empty!

Sincerely,

Your Name

Your Address

3. Give a reason

- > Uniform national nutrition standards would be eliminated, and states could restrict eligibility.
- > State-run programs would have less capacity to meet increased need during national or regional recessions or local disasters.
- > A block grant dismantles effective federal food programs that work.

Address the plate on the reverse side to:

Sen. _____ or

U.S. Senate

Washington, DC 20510

Rep. _____

U.S. House

Washington, DC 20515

News Release



Bread for the World

1100 Wayne Avenue, Suite 1000
Silver Spring, MD 20910
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For more information, contact
Leigh Ann Hurt at (301) 608-2400

Response To Congressional Action to Block Grant Food Programs

By David Beckmann, President of Bread for the World

March 1, 1995

The federal government cannot afford to abdicate to the states responsibility for infant nutrition and school lunch programs. These programs are vital to the health and well-being of millions of American children.

The true costs of abandoning federal responsibility for successful food programs should not be calculated simply in budget terms. Many children dependent on these services for basic nutrition will be forced to go without, placing a much more devastating price on society in the long-run.

Since its inception in 1974, Bread for the World has campaigned for government-supported food assistance for all citizens in need. In particular, programs such as WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) have proven to be effective in reducing infant mortality, low birthweight and anemia, as well as helping improve cognitive skills. Such programs deserve full federal funding and bipartisan support, and should not be cut and contracted out to 50 different states.

Current proposals to block grant and cut food assistance to the states will most certainly increase hunger in our country. Churches and charities are already stretched to the limit trying to feed those in need.

U.S. religious congregations' assistance to poor people soared from \$1 billion in 1986 to \$7 billion in 1991 -- even though the total revenues of religious communities declined from \$50 billion to \$48 billion in those years. As Congress considers slashing tens of billions of dollars from food and other poverty programs, nobody should pretend that churches and charities can possibly fill the gap.

The federal nutrition programs are a positive example of government making a difference. Bread for the World and its 44,000 members throughout the country urge Congress to maintain their support for these food assistance programs, which aid the most vulnerable citizens of this country.

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The Washington Post

WEDNESDAY, FEBRUARY 22, 1995

Churches May Not Be Able to Patch Welfare Cuts

By Laurie Goodstein
Washington Post Staff Writer

On a typical day this month, volunteers stood shoulder-to-shoulder in the small kitchen at the Washington City Church of the Brethren, ladling out a concoction they called "hot dog noodle soup" to 181 homeless and hungry people.

Five blocks away at the Capitol, legislators debating cuts to federal welfare programs were reasserting an idea often heard these days on the Hill: that churches, synagogues and faith-based charities would take up the burden if the federal government decides to cut back its role.

They are "the great untapped resource in the welfare reform debate," as Rep. Tim Hutchinson (R-Ark.) put it.

But the folks ladling soup and spreading peanut butter say policymakers on Capitol Hill are out of touch. Of the 350,000 churches in this country—many with fewer than 100 members and scraping to pay bills—about three-quarters are con-

tributing money, food or time to alleviating poverty. They are, they say, hardly an "untapped resource."

"We're doing all we can now," said Andrea Stremmel, 18, a full-time volunteer at the Church of the Brethren soup kitchen. "We can't do much more."

Nearly all of the most solid and celebrated religious-based programs—the soup kitchens, halfway houses and training programs for single mothers—rely on government money to support their work. Catholic Charities USA, the nation's largest private social service network whose programs are often

See CHURCHES, A6, Col. 4



Welfare's 'Great Untapped Resource' Also Faces Being Tapped Out by Cuts

CHURCHES, From A1

touted as models by lawmakers, received 65 percent of its 1993 budget of \$1.8 billion from public funds, most of it in grants and contracts. Only 13 percent came from church and community contributions.

On a smaller scale, the noodles in the Brethren Church's soup and peanut butter in the sandwiches came from the U.S. Department of Agriculture—which regularly supplies 10 percent to 60 percent of the food churches and charities give out, and which also faces cutbacks.

"Very few of these organizations except the real small Mom and Pops are able to do it just solely on private donations," said Max Finberg, program associate at Congressional Hunger Center, a nonprofit advocacy and education group. Even groups that start out adamant about refusing government support eventually learn government resources are more consistent than what they can gather from Sunday collection plates, donated goods and food obtained from restaurants and grocery stores, Finberg said.

Tens of millions of people receive federal welfare assistance, and Medicaid alone currently serves 36 million. Republican lawmakers are proposing to repeal many social welfare programs, including school breakfasts and lunches, food stamps, supplemental benefits for addicts and the disabled and Aid to Families with Dependent Children, and replace them with block grants to the states. States could then choose where and how to spend the money.

And the "Personal Responsibility Act" in the Republican "Contract

With America" proposes disqualifying pregnant mothers for benefits if they are under 18, have a child on welfare, do not establish the child's paternity or have been on welfare themselves more than two years.

Most religiously based activists and lobbyists concur that the welfare system needs an overhaul. To start with, they say teenage mothers or people addicted to drugs or alcohol should not receive welfare checks without supervision because the money is often misused.

But Fred Kammer, president of Catholic Charities, who has testified recently before congressional committees on welfare reform, said the lawmakers do not seem to understand the difference between what the government does to help poor families and what the religious community does. Churches and religious groups at best provide only a tattered patchwork of services—some used clothing here, a bag of canned goods there, a bed during the coldest months of the year.

"Most of us are there at the crisis moment, when the family needs a rent deposit," Kammer said, "or because the plumbing is broken . . . and we piece together small amounts of money to help people, dragging \$50 out of some little fund."

"What none of us do is to provide regular income to poor families. I speak here for everybody—Catholic, Protestant, Salvation Army, Jews, evangelicals. None of us has that kind of money."

Federal, state and local governments contributed nearly two-thirds of the funding for Catholic Charities USA to operate its 1,400 programs,

including foster care, group homes, residential treatment facilities, low-cost housing and day care. The organization receives government contracts and grants because of its record of efficiency and effectiveness in operating these programs.

After dropping lunch trays in a tub of soapy water at the Church of the Brethren the other day, many of the soup kitchen's clients headed down the hallway on their next order of business: collecting food stamps. They use the church's address because they do not have one themselves. They said the church's Monday through Friday lunches, though appreciated, are insufficient. They rely on the government's food stamps for breakfast, dinner and weekends, and for feeding family members at home.

"My check in yet, Mrs. Jackson?" asked one man in brown boots stuffed with newspaper. Dorothy Jackson, the nutrition program coordinator, fished through a file of checks. "Here it is, baby," she replied.

But Jackson could not help with his next request: a pair of gloves. She had none. It was one of the coldest days this winter, and as the afternoon passed Jackson turned down more requests for scarves, hats and long underwear. The annual windfall of 400 pairs of long underwear donated by a local law firm ran out the same day it arrived.

Ministering to the poor is a central tenet of many faiths. To Christians, caring for the needy is a requirement for spiritual redemption. Jews believe in *tzedakah*, often inter-

See CHURCHES, A7, Col. 1

Charitable Time and Money on Wane As 'Contract' Targets Social Programs

CHURCHES, From A6

interpreted as "charity," but which translates as "justice." One of the five pillars of Islam is *zakat*, the practice of giving a portion of one's assets to the poor.

When budget cuts during the administration of Ronald Reagan sent poor and homeless people into the streets, religious organizations responded.

By redirecting resources and discovering new ones, congregations over the past decade have built an increasingly sophisticated network offering food, housing, tutoring and training. The para-church organization Bread for the World estimates 150,000 churches now run emergency food or feeding programs. By 1991, according to the Yearbook of American and Canadian Churches, almost as many congregations offered services to the poor as offered religious education.

But by the late 1980s, studies revealed charitable time and money were waning. Between 1989 and 1993, giving per household declined 24 percent and between 1991 and 1993 volunteerism was down 5 percent, according to the Independent Sector, a Washington-based coalition of about 800 charitable organizations.

In a recent letter to lawmakers, 116 charities said that even if the tax incentives being proposed to stimulate private giving were passed, the increase in donations

"would do precious little" to offset the cuts to social programs.

If the \$60 billion in cuts proposed in the Republican contract were to pass, each church in the country would have to spend \$170,000 to make up the difference, calculated David Beckman, president of Bread for the World.

Most of those involved in church-based giving concede religious people and institutions can donate more, volunteer more and show more compassion.

"But if they're swamped by waves and waves of people who just don't have enough to eat month to month, it distorts what charities should be doing," Beckman said. What charities can do better than government is "help people assume personal responsibility by working closely with individuals."

That last point is one held dear by those who support the Contract With America. Ralph Reed, executive director of the conservative Christian Coalition, is a strong believer in private charity, and offers the example of his church, which distributes two tons of clothing to the needy each month.

The Christian Coalition plans to "challenge" each of the 100,000 churches it claims to be in its network, Reed said, to "find a family who will be in need after welfare reform, and meet the needs of those families."

Reed's idea has been repeated with enthusiasm on Capitol Hill. But it is strongly questioned by one of

the pioneers of such programs. The Rev. George Clements, a Chicago priest, was the innovator of the "One Church, One Child" scheme, through which 40,000 children in 39 states were adopted.

He now runs "One Church, One Addict", which is starting in three states. But when it comes to churches meeting the needs of welfare families, "I don't think it's realistic at all," he said.

A poor family exposed as needing "adoption" by a church could be subject to ridicule, Clements said. Funds channeled through the church could be misused, he argued, and it is not appropriate for every needy American to be forced into a relationship with a church.

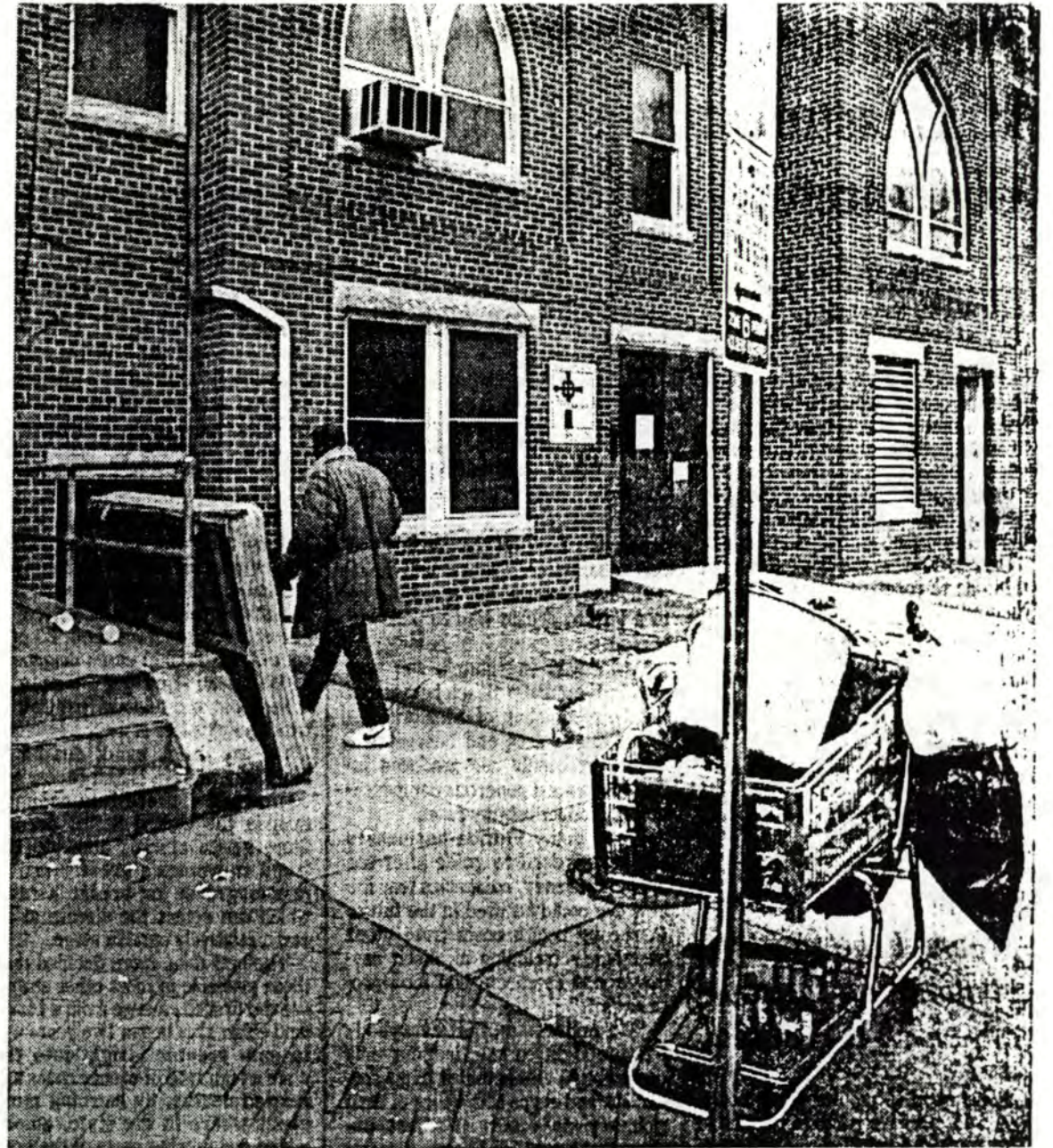
"If ever there were an argument for separation of church and state, this is it," Clements said.

From her office at the Church of the Brethren, where a window faces toward the Capitol, church secretary Trina Parker recently readied solicitation letters to the 40 regular donors, including five other church congregations.

Last year, the church managed to produce 38,812 meals on \$46,382 in donations, supplemented by USDA food and a slab of venison sent from a church in Pennsylvania.

But the church was forced to shut down its twice-weekly medical clinic recently for lack of funds, and people still come looking for the doctor.

"There's not a lot more we can do if they cut out welfare," Parker said. "We can't take up the slack."



A man enters Washington City Church of the Brethren at 337 North Carolina Ave. SE, to receive a free midday meal.

BY LARRY MORRIS—THE WASHINGTON POST

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Bread for the World - What Else Can I
Do About Hunger?



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 SILVER SPRING MD 20910-9767

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As A BREAD FOR THE WORLD MEMBER YOU WILL RECEIVE:

- **Newsletters** with hunger news, legislative updates, and suggested actions.
- **Citizen Action Guide** showing how you can make a difference by participating effectively in the political process.
- **Up-to-date information** on specific legislation by calling our Legislative Update Line: (301) 588-7439.
- **Opportunity to meet** with other Bread for the World members in your congressional district or state.

Bread for the World Institute, the research and education arm of Bread for the World, publishes ground-breaking studies, develops popular educational materials, and conducts workshops and seminars. The Institute releases an annual report on the state of world hunger.

Bread for the World is helping Christians influence the world's richest nation to use more of its resources to help the hungry and to eliminate the causes of hunger.
 — Dr. Martin E. Marty, Theologian and author
 University of Chicago

Bread for the World continues to be a powerful and influential voice for the hungry in the U.S. Congress.
 — Barbara Jordan, Former U.S. Representative
 Professor, University of Texas

Bread for the World is playing a most significant role with the nation's decision making, urging our government to respond both in word and deed to help hungry people.
 — Rev. Theodore M. Hesburgh, C.S.C.
 President Emeritus, University of Notre Dame

We can end poverty and hunger, but it will take good public policies as well as private actions. Bread for the World helps all citizens to achieve that goal.
 — Nancy Amidei, Anti-poverty advocate and former Director, Food Research and Action Center

Bread for the World is the key citizens' force in translating the idea of child survival into concrete legislation.
 — James P. Grant, Executive Director, UNICEF

When you support Bread for the World, you join other citizens in influencing public policies that affect hungry people.
 — Tony Hall, U.S. Representative,
 Chairman, Congressional Hunger Caucus

**WHAT ELSE
 CAN I DO
 ABOUT
 HUNGER?**



Photo: Rick Reinhard

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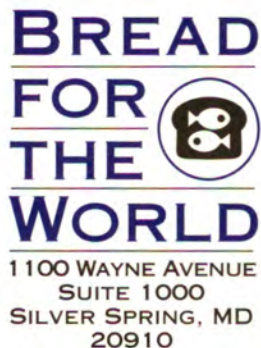
is a nationwide Christian movement that seeks justice for the world's hungry people by lobbying our nation's decision makers. It's 44,000 members write, call and visit their members of Congress to win specific legislative changes that help hungry people, and place the issue of hunger high on the nation's policy agenda.

BREAD FOR THE WORLD INSTITUTE

seeks justice for hungry people by engaging in research and education on policies related to hunger and development. Contributions to the Institute are tax-deductible.

TO BECOME A MEMBER
OF BREAD FOR THE WORLD,

or to learn more about the activities of Bread for the World Institute, contact Bread for the World's national office at 1100 Wayne Avenue, Suite 1000, Silver Spring, MD 20910; or call 1-800-82-BREAD.



BREAD FOR THE WORLD

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Bread

BREAD FOR THE WORLD NEWSLETTER

MARCH 1995, VOLUME 7, NO. 2

ACTION **This Month**

All Bread for the World Members:

Contact your members of Congress and urge them to save aid to Africa. Ask them to:

- Support legislation that maintains the Development Fund for Africa (DFA) at \$800 million and as a separate account.
- Convey their support for aid to Africa to the chairs of the House and Senate Foreign Operations subcommittees of the appropriations committees, Rep. Sonny Callahan (R-AL) in the House and Sen. Mitch McConnell (R-KY) in the Senate.

Stress that development aid to Africa has improved the lives of Africa's people and will promote peace and democracy.

For senators, write U.S. Senate, Washington, DC 20510. For representatives, write U.S. House of Representatives, Washington, DC 20515. Call the Capitol switchboard at (202) 224-3121 to talk with your members of Congress.

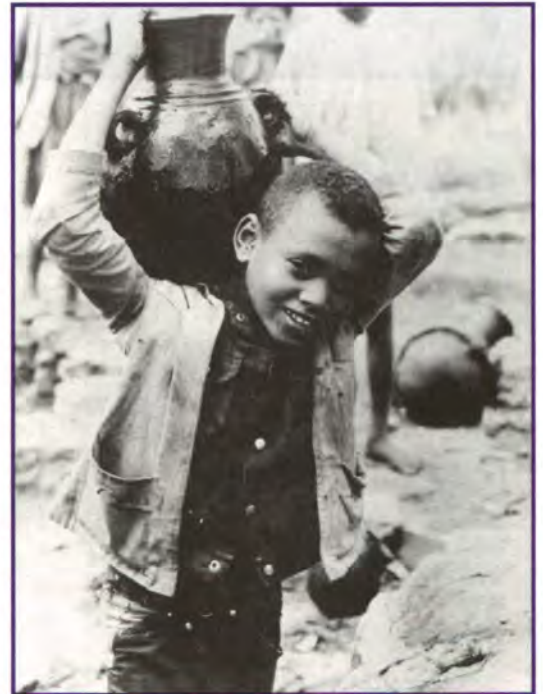
"Africa: Crisis to Opportunity" Seeks to Save Aid to Africa

Bread for the World begins its 1995 Offering of Letters, "Africa: Crisis to Opportunity," at a time when programs to help poor and hungry people, both in the United States and overseas, are under unprecedented assault. Aid to Africa is threatened.

"Africa: Crisis to Opportunity" is a campaign to promote peace and prevent future crises in Africa. The campaign seeks to preserve self-help development assistance to Africa, to support conflict resolution by Africans themselves, and to promote debt forgiveness so that the resources of African nations can be freed to meet the needs of their people.

To achieve these goals, Bread for the World will urge the introduction of a congressional resolution to save development aid to Africa. We expect the resolution to state Congress' intent that:

- The Development Fund for Africa (DFA) should remain a separate account within the United States Agency for International Development (U.S.A.I.D.) and be maintained at its current funding level of \$802 million.



- That same DFA funding should be directed to conflict mediation through African local and regional organizations.
- The United States should provide resources for the forgiveness of African debt.
- The United States should maintain development funding for other developing regions as well.

■ continued on page 2 ■



ORGANIZATIONS ENDORSING "A CHILD IS WAITING"

S. CON. RES. 65 H. CON. RES. 233

Adrian Dominican Sisters
African Methodist Episcopal Church, Women's Missionary Society
Agenda for Children
Alabama Coalition against Hunger
Alliance for Child Survival
American Association of Psychiatric Services
American Baptist Churches USA, Washington Office
American College of Nurse Midwives
American Friends Service Committee
American Federation of State, County & Municipal Employees
American Medical Student Association
American Public Health Association
Americans for Democratic Action
Ancilla Domini Sisters, The
Archd. Chicago-Peace & Justice Ministry
Archd. St. Louis-Institute for Peace & Justice
Archd. St. Louis-Commission on Human Rights
Archd. Oklahoma City-Justice & Human Dev.
Archd. Philadelphia-Human Relations
Archd. Santa Fe-Social Justice Office
Archd. of St. Paul/Mnpls-Social Justice Office
Archd. of Seattle-Peace & Justice Office
Assoc. of Arizona Food Banks
Assoc. of Catholic Colleges & Universities
Atlantic Community Food Bank
Baptist Joint Committee on Public Affairs
Baptist World Alliance
Better Homes Fund, The
Bread for the World
Brothers of the Sacred Heart (New York Province)
Brothers Senate of Brooklyn Diocese
Capital Area Community Food Bank
Carondelet Health System
Catholic Charities USA
Catholic Health Association
Catholic Network of Volunteer Services
Center for Community Change
Center for Rural Affairs
Center for Science in the Public Interest
Center on Budget & Policy Priorities
Center on Hunger, Poverty & Nutrition Policy, Tufts University
Chicago Anti-Hunger Federation

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New Orleans, LA
Auburn, AL
Rockville, MD
Rochester, NY
Washington, DC
Washington, DC
Washington, DC
Washington, DC
Reston, VA
Washington, DC
Washington, DC
Donaldson, IN
Chicago, IL
St. Louis, MO
St. Louis, MO
Oklahoma City, OK
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Brooklyn, NY
Washington, DC
St. Louis, MO
Alexandria, VA
Washington, DC
Washington, DC
Washington, DC
Walthill, NE
Washington, DC
Washington, DC
Medford, MA
Chicago, IL

Children's Action Alliance
 Children's Defense Fund
 Children's Foundation
 Christian Brothers Center
 Christian Church, Office of Disciples Women
 Christian Methodist Episcopal Church, Women's Missionary Council
 Christian Reformed World Relief Committee
 Christ the King Social Ministry Committee
 Church of God (Anderson)
 Church of God in Christ, General Council of Pastors & Elders
 Church of the Brethren
 Citizens for Missouri's Children
 City Harvest
 Coalition for New Priorities
 Coalition on Human Needs
 Coleman Advocates for Children & Youth
 Columban Justice and Peace Office
 Community Health Watch
 Conference of Major Superiors of Men
 Congregation of St. Agnes
 Congregations Concerned for Children
 Congressional Caucus for Women's Issues
 Congressional Hunger Center
 Consumers Union
 Cumberland Presbyterian Women
 Daily Bread
 Daughters of Charity National Health System (West Central Region)
 DePaul Health Center
 Dioc. Charlotte-Justice & Peace Ministry
 Dioc. Covington-Justice & Peace Center
 Dioc. Dodge City
 Dioc. Grand Rapids-Secretariat, Social Justice
Dioc. Joliet-Peace & Social Justice Ministry
 Dioc. Kansas City-St. Joseph-Peace & Justice
 Dioc. Owensboro-Office of Social Concerns
 Dioc. Phoenix-Catholic Family & Community Svcs
 Dioc. Providence-Office of Community Affairs
 Dioc. Raleigh-Peace & Justice Office
Dioc. Richmond-Office of Justice & Peace
 Dioc. Rockford-Parish Social Ministry
Dioc. Springfield (MA)-Youth Ministry Office
 Dominican Sisters of San Rafael
 End Hunger Network
 Episcopal Church, New York
 Episcopal Church, Washington Office
 Evangelical Lutheran Church in Am.-Lthrn. Office for Gov. Affairs
 Federation of Returned Overseas Missioners
 Food Bank of South Jersey
 Food for All
 Food for All Program of Buffalo
 Food Research and Action Center
 Foodchain
 Foodlink
 Foodnet Inc.

Phoenix, AZ
 Washington, DC
 Washington, DC
 Narragansett, RI
 Indianapolis, IN
 Berkeley, CA
 Grand Rapids, MI
 Moline, IL
 Anderson, IN
 St. Louis, MO
 Washington, DC
 St. Louis, MO
 New York, NY
 Chicago, IL
 Washington, DC
 San Francisco, CA
 Washington, DC
 San Antonio, TX
 Silver Spring, MD
 Fond du Lac, WI
 Minneapolis, MN
 Washington, DC
 Washington, DC
 Vienna, VA
 Memphis, TN
 Berkeley, CA
 St. Louis, MO
 Bridgeton, MO
 Charlotte, NC
 Erlanger, KY
 Dodge City, KS
 Grand Rapids, MI
Romeoville, IL
 Kansas City, MO
 Owensboro, KY
 Phoenix, AZ
 Providence, RI
 Raleigh, NC
Richmond, VA
 Rockford, IL
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 Santa Monica, CA
 New York, NY
 Washington, DC
 Washington, DC
 Detroit, MI
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 Redlands, CA
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 Lincoln, NE

Franciscan Friars
 Franciscan Health Care Ministry, Inc.
 Franciscan Sisters of Christian Charity
 Franciscan Sisters of Our Lady of Perpetual Help
 Franciscans International
 Friends Committee on National Legislation
 Gleaning Network, The
 Glenmary Home Missioners
 Global Education Associates
 God's Pantry Food Bank
 Hawaii Advocates for Children & Youth
 Heifer Project International
 Hunger Action Network of New York State
 Hunger Project, The
 Huss-Hamtramck United Social Services
 Illinois Hunger Coalition
 Indiana Food & Nutrition Network
 Inter-Faith Food Shuttle
 Interfaith IMPACT for Justice & Peace
 Internat'l Medical Corps South Central Los Angeles Project
 Jewish Labor Committee
 Just Harvest
 Kooch - Itasca Action Council
 Leadership Conference of Women Religious
 Maine Coalition for Food Security
 Manna Food Bank
 MANOFF Group, The
 March of Dimes
 Maryknoll Justice & Peace Office
 Maryland United for Peace & Justice
 Massachusetts Child Welfare League of America (Exec. Group)
 Mennonite Central Committee U.S.
 Missouri Association for Social Welfare
 Monsignor McClancy Memorial High School
 Montana Hunger Coalition
 Moravian Church, Southern Province
 Moravian Church in America, Northern Province
 Nat'l Assembly of Religious Women (NAWR)
 Nat'l Association of Child Advocates
 Nat'l Association of School Nurses
 Nat'l Association of WIC Directors
 Nat'l Catholic Education Association
 Nat'l Consumers League
 Nat'l Council of Catholic Women
 Nat'l Council of Churches
 Nat'l Council of La Raza
 Nat'l Head Start Association
 Nat'l Office of Jesuit Social Ministries
 Nat'l Perinatal Association
 Nat'l Student Campaign Against Hunger and Homelessness
 Nat'l Women's Law Center
 NETWORK: A Nat'l Catholic Social Justice Lobby
 New Life Center, The
 New York City Coalition Against Hunger

St. Louis, MO
 Manetowoc, WI
 Manetowoc, WI
 St. Louis, MO
 Brooklyn, NY
 Washington, DC
 Central Point, OR
 Cincinnati, OH
 New York, NY
 Lexington, KY
 Honolulu, HI
 Little Rock, AR
 Albany, NY
 New York, NY
 Hamtramck, MI
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 Washington, DC
 Alexandria, VA
 Washington, DC
 Tampa, FL
 Boston, MA
 Washington, DC
 Washington, DC
 Middleburg, VA
 New York, NY

North Carolina Hunger Network
NURTURE: Center Prevent Childhood Malnutrition
Operation Food Share, Inc.
Operation PUSH

Oregon Food Bank

Padres de Maryknoll

Pax Christi USA

Physicians Against World Hunger

Providence Health Center

Queens Interfaith Hunger Network

Reformed Church in America

Reform Organization of Welfare (ROWEL)

Reorganized Church of Jesus Christ of LDS

RESULTS

St. John's Mercy Medical Center

St. John the Evangelist Peace & Justice Commission

St. Joseph Hospital

St. Mary Hospital

St. Mary's Desert Valley

St. Mary's Health Center

St. Michael's Elementary School

St. Paul Medical Center

St. Vincent Medical Center

School Sisters of Notre Dame

School Sisters of Notre Dame

Shared Harvest Foodbank, Inc.

Sisters Home Visitors of Mary

Sisters of Charity, BVM

Sisters of Charity of Leavenworth

Sisters of St. Francis-Bernardine Center

Mercy Justice Commission (Sisters of Mercy of CT)

Sisters of Mercy

Sisters of Mercy of the Americas (Institute)

Sisters of Mercy Justice Office, Northeast

Sisters of Mercy Midwest Justice Office

Sisters of Notre Dame de Namur

Sisters of Providence Health Care Inc.

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph

Sisters of St. Joseph of Peace

Sisters of St. Ursula

Sisters of the Holy Family

Sisters of the Humility of Mary

Sisters of the Presentation, Dubuque

Society of St. Andrew

Southern CA Interfaith Hunger Coalition

Statewide Emergency Food and Anti-Hunger Network (SEFAN)

Statewide Emergency Network for Social and Economic Security (SENSES)

Union of American Hebrew Congregations

Raleigh, NC

Bethesda, MD

Dayton, OH

Chicago, IL

Portland, OR

La Paz, Bolivia

Erie, PA

Peckskill, NY

Waco, TX

Woodhaven, NY

New York, NY

St. Louis, MO

Independence, MO

Washington, DC

St. Louis, MO

Attleboro, MA

Ft. Worth, TX

Lubbock, TX

Apple Valley, CA

St. Louis, MO

Chicago, IL

Dallas, TX

Los Angeles, CA

Baltimore, MD

St. Louis, MO

Fairfield, OH

Detroit, MI

Dubuque, IA

Leavenworth, KS

Chester, PA

Hartford, CT

Pittsburgh, PA

Silver Spring, MD

Portland, ME

Aurora, IL

Windsor, CT

Springfield, MA

Albany, NY

Baden, PA

Chestnut Hill, PA

Los Angeles, CA

Orange, CA

Springfield, MA

Watertown, NY

Washington, DC

Cincinnati, OH

Fremont, CA

Villa Marie, PA

Dubuque, IA

Big Island, VA

Los Angeles, CA

Englewood, NJ

Albany, NY

Washington, DC

United Church of Christ, Hunger Action
United Church of Christ, Office for Church in Society
US Catholic Mission Association
UMC, Gen. Bd. of Church & Society,
 Ministry of God's Human Community
United Methodist Committee on Relief (DC)
United Methodist Committee on Relief (New York)
USCC Dept. of Social Development & World Peace
Vermont Campaign to End Childhood Hunger
Vincentian Fathers - West
Volunteer Service Community (Sacred Heart Brothers)
West Virginia Task Force on Children, Youth & Families
World Concern
World Hunger Education Service
World Hunger Year
World Relief Corporation
World Relief International

Cleveland, OH
Washington, DC
Washington, DC

Washington, DC
Washington, DC
New York, NY
Washington, DC
Shelburne, VT
Los Angeles, CA
Woonsocket, RI
Charleston, WV
Seattle, WA
Washington, DC
New York, NY
Wheaton, IL
Wheaton, IL

As of 9/13/94, there are 220 endorsing organizations.

Organizations in bold have made a financial contribution to the costs of "A Child Is Waiting."

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BREAD FOR THE WORLD'S 1994 OFFERING OF LETTERS



A CHILD IS WAITING . . .

. . . HOW LONG MAY DEPEND ON YOU.



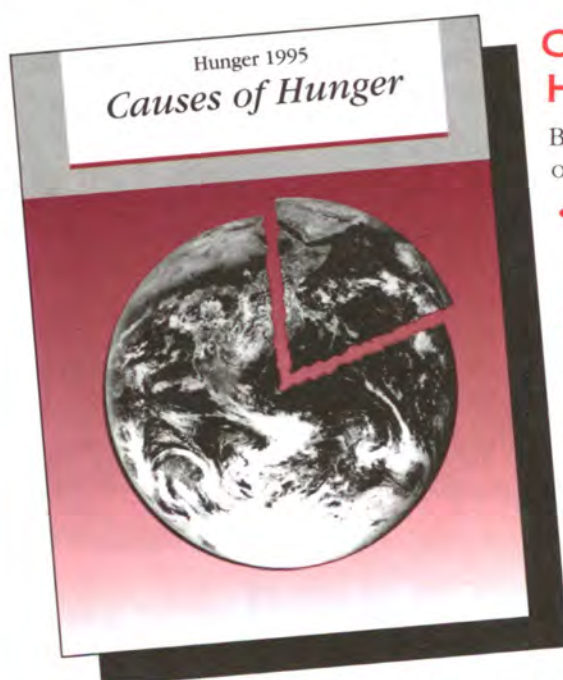
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BREAD FOR THE WORLD RESOURCES



CAUSES OF HUNGER: HUNGER 1995

Bread for the World Institute's annual report on the state of world hunger. *Causes of Hunger: Hunger 1995*

- **Probes** the reasons behind the most profound moral and spiritual contradiction of our age – the persistence of hunger in a world of plenty
- **Reveals** the issues behind today's hunger crises and offers solutions to prevent such crises from occurring again
- **Analyzes** powerlessness and politics; violence and militarism; poverty and the global economy; population, consumption and environmental degradation; and, discrimination based on race, ethnicity, gender and age

Includes an overview of hunger, updated statistical tables, and a bibliography. An essential resource for concerned citizens, policy makers, secondary school

and college teachers, students, charitable and advocacy organizations, and religious communities. 144 pages. **\$17.95** full price. **\$14.95** for BFW members.

CAUSES OF HUNGER: A USER'S GUIDE FOR CHRISTIAN CONGREGATIONS

An interactive study aid of intergenerational activities, worship aids, Bible studies, and resource list; adaptable for classes, weekend retreats, evening meetings. **\$5.00**

BFW LEADER'S GUIDE

Provides a wide range of tools for becoming an effective advocate on behalf of poor and hungry people. Includes

- **Biblical roots** for advocating for people in need
- **History** of Bread for the World
- **How to** conduct an Offering of Letters, build a Quickline, contact members of Congress, work with local media, create local action groups, organize hunger events, build church involvement, and more!

Looseleaf. **\$5.00**

BFW Leader's Guide



Bread for the World
A Christian Citizens' Movement

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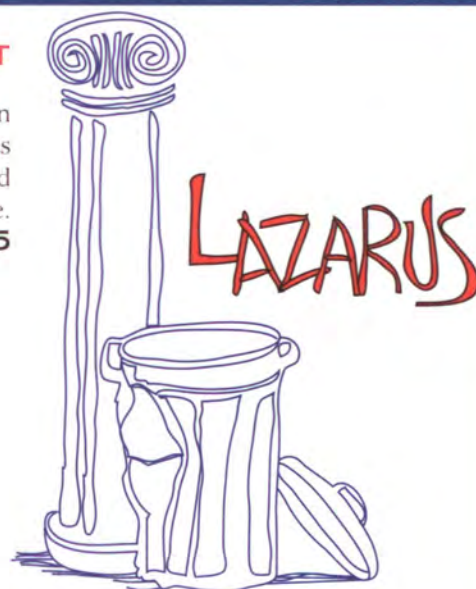
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LAZARUS INTRODUCTORY PACKET

Full-length musical highlighting the problem of hunger and poverty in the Bible and the modern world. A delightful blend of singable tunes and biblically-grounded, justice-oriented lyrics that is both moving and fun. Includes piano score, singer's music, cassette tape and more.

\$19.95



BANQUET OF PRAISE

Bread for the World's special collection of 231 worship resources, hymns and songs celebrating the spirit of justice and peace. Excellent resource for worshipping communities. **\$2.00**

HEART TO HEART, HAND TO HAND

Songs to lift the spirit and create a better world. By Jerry Leggett, singer, songwriter and BFW activist. Income from sales goes to Bread for the World. Available on compact disc **\$12.00** or cassette. **\$8.00**



BFW BROCHURES

What Else Can I Do About Hunger? BFW's membership brochure offers basic information about joining Bread for the World. **FREE.**
How to Strengthen Your Hunger Ministry. Introduces BFW's Covenant Church Program. **FREE.**
BFW Intern Program. Learn how to become a BFW intern. **FREE.**

BFW LOGO FINE ART PRINT

This evocative print, a reminder of Bread for the World and its mission, is donated by artist Anne Iott, a BFW member of ten years. Full-color laser-print on archival quality paper. 7 1/2" x 7". **\$50.00**



F·R·A·C



FOOD RESEARCH
& ACTION CENTER



.....
*free
hunger*

1875 Connecticut Ave., NW
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FOOD RESEARCH
& ACTION CENTER

November 3, 1994

Ms. Melanne Verveer
Deputy Chief of Staff
to First Lady Hillary Rodham Clinton
New Executive Office Building
725 17th Street, NW
Washington, DC 20006

Dear Melanne:

It was good to see you earlier this week at the "Charge Against Hunger" event. I was pleased to have the unscheduled conversation with the First Lady, and I am enclosing a follow-up letter I have written to her.

We have some very exciting ideas about how to address hunger in this country in new ways, but using existing programs. We see huge potential role for the food programs to be integrated with other efforts to make a difference for children, and in the process, alleviate hunger.

I will call you soon to see if we can talk about this in a little more detail. Beyond that, we do have a specific favor to ask of the First Lady, in regard to FRAC's 25th Anniversary Dinner next June.

I look forward to talking with you.

Sincerely,

Robert J. Fersh
President

Enclosures

F·R·A·C



FOOD RESEARCH
& ACTION CENTER

November 3, 1994

First Lady Hillary Rodham Clinton
The White House
Washington, D.C. 20500

Dear Mrs. ^{Hillary} Clinton:

I cannot tell you how pleased (and surprised!) I was when you asked for my thoughts on the hunger issue at Tuesday's "Charge Against Hunger" event at the Benning Elementary School. People like me can wait all their lives hoping that someone like you will ask such a question. This letter will further flesh out what we discussed.

I believe there is tremendous immediate potential for the federal government to assist local communities in addressing the hunger issue as part of an integrated strategy for children. And, I believe there is a major leadership role that you could play as a catalyst for inter-agency coordination at the federal level.

Before describing this further, I want to congratulate you on your participation in Tuesday's event -- I thought your message on hunger and nutrition and your rapport with the students were wonderful. Also, at your request, I am sharing the hunger survey released last week in the District and a similar study (with a sampling of press coverage) released last week in Pittsburgh. These two surveys are part of a ten-site study being conducted by FRAC to examine the extent of childhood hunger in the United States. The report will be released next spring.

Here are the key points I wish to make:

--There are enormous opportunities right now for the federal government to help feed more hungry Americans that require little or no change in federal legislation.

--The 1995 Congressional debate on food stamp reauthorization and welfare reform could result in more hunger in this country.

I would like to elaborate on these points, in reverse order.

As you stated Tuesday, the problem underlying hunger is poverty. There are no simple answers to this issue. Clearly, we must assure that people have adequate incomes from employment and that programs like Food Stamps, AFDC and the Earned Income Credit provide an adequate income floor for those who cannot fully support themselves.

We encourage any and all possible additional efforts to increase employment and raise wages for working poor people. Beyond that, benefit improvements are needed in AFDC and Food Stamps. To be realistic, however, current budget pressures and politics probably preclude significant expansions in the inadequate benefit levels of those programs. And, in fact, various welfare reform proposals and proposed food stamp cutbacks could weaken the safety net for many families next year, especially immigrants.

Notwithstanding this situation, there is a tremendous amount the federal government could be doing right now, to end hunger in partnership with state and local governments and schools, with little or no change in federal laws. There is entitlement funding in place to feed children in a variety of settings at different times of the day and year, yet several programs -- school breakfast, summer feeding, and child and adult care food -- are offered in only a fraction of the sites that could potentially offer the meals.

I am enclosing a concept paper that explains the great opportunities to expand these programs and integrate them with other efforts to nurture and support children. The key to this effort is to reach out to potential new partners in local communities to see food as an "organizing tool". Whatever programs they offer children will be enhanced if food is provided -- and in the process, more hungry children will be fed. An added benefit is that these meals will ease the pressure on the household food budgets for other needy members as well.

We encourage your leadership in galvanizing all the federal agencies to promote the available food assistance programs and integrate them into their programs. For example, the Justice Department is disbursing tens of millions of dollars for community-based crime prevention programs. Why not require potential local grantees to demonstrate they are accessing food assistance programs to complement their work? Millions of dollars go to community activities in public housing areas, but it is unclear that any coordination with food programs is occurring.

Similarly, educators all across the country are grappling with difficult poverty-related problems. Feeding children is essential to meet the first of the National Education Goals for the year 2000 -- all children should start school ready to learn.

FRAC/3

While most schools offer school lunch and many offer school breakfast, few feed children after school or during the summer months, despite available funding. The Education Department could actively promote the availability of these programs. The result would be safer, healthier and better educated children.

The bottom line is that a major increase in feeding children can occur without any substantial new legislation. With some imagination and coordination, these food programs can fight hunger and contribute enormously to the success of other programs.

I would be most pleased if we could pursue these exciting possibilities with you and your staff.

Thanks again for the opportunity to talk with you and for the wonderful job you did Tuesday on the hunger issue. We look forward to working with you.

Sincerely,

A handwritten signature in cursive script, appearing to read "Rob-".

Robert J. Fersh
President

Enclosures



Building Blocks

A Project of the Food Research and Action Center

Since 1991, the Food Research and Action Center (FRAC) has coordinated a nationwide **Campaign to End Childhood Hunger (CTECH)**, designed to address the hunger that millions of American children experience each month. A centerpiece of this effort has been expansion of several child nutrition programs which cover the full costs of providing meals to low-income children at various times in a variety of settings. A major new thrust of CTECH is the Building Blocks project: an effort to greatly expand awareness of these programs so that many new partners can see how to use them to meet the wide-ranging needs of low-income children and their families.

Currently federal entitlement funding is available for various child nutrition programs. Three in particular are greatly underutilized: School Breakfast, the Summer Food Program, and the Child and Adult Care Food Program (CACFP). These programs can serve not only to reduce hunger and undernutrition, but also can serve as organizing tools around which additional interventions for children can be built. The availability of food assistance can make existing programs more effective or can be used as building blocks toward the establishment of new programs.

For instance, FRAC and our Campaign partners in every state are reaching out in new ways to the education, criminal justice, community development and other communities. For educators who increasingly are asked to meet the needs of the "whole child", we point out that School Breakfast funding can be used to meet community requests to open schools earlier for working parents. Tutoring and other enrichment programs can be built around School Breakfast, which already has been documented to reduce tardiness and absenteeism and to increase standardized test scores.

Schools or non-profit organizations also can qualify for CACFP funds for after school programs or for Summer Feeding funds to serve children meals when school is out. For example, FRAC is working closely with the highly successful program **L.A.'s Best**, which serves 4,000 inner city elementary school children for the hours 2:30-6 PM, 245 days a year. Its director says the program is winning the battle with local gangs for the children's attention and serving food through CACFP is critical to their success.

We believe a wide range of additional partners would want to utilize these existing food programs. Whether operated by schools, or in schools by other organizations, or in different settings like child care centers, the food programs can be important tools for community based organizations, police, and many others to operate the kinds of nurturing programs that make a long-term difference in the lives of disadvantaged children. In the process, this broad new alliance can help alleviate hunger and undernutrition and the many health and developmental problems which flow from these conditions.

July 1994

A SUMMARY OF CHILD NUTRITION PROGRAMS THAT ACT AS BUILDING BLOCKS

Child and Adult Care Food Program (CACFP). A very little-known fact is that CACFP funds after-school snacks for children through age 12. The potential for expansion of the after-school snack program is enormous, and its potential for attracting schools, child care centers and children to after school care is exciting. The major requirement for participation in this program is that a sponsor be a licensed or approved child care provider or a public or nonprofit private school which provides organized outside-school-hours child care programs for school children. (More widely known, but still under-utilized, CACFP also provides federal funds to licensed public and nonprofit child care centers -- including Head Start programs -- family and group day care homes and adult day care centers serving chronically impaired adults or people over age 60, for meals and snacks served to children and adults in child and adult day care. For-profit child care centers can participate if they receive Title XX funding for at least 25 percent of the children in their care.) As with NSLP and SBP, meal pattern requirements are set by USDA. USDA research shows that preschool children in centers and homes participating in CACFP receive more nutritious meals than those who are not.

Summer Food Service Program for Children (SFSP). The SFSP provides federal funding for up to two meals a day (lunch plus either breakfast or a snack) for needy children between the ages of two and 19 when school is closed. The program may be sponsored by: public or private nonprofit school food authorities; units of local, municipal, county, tribal or state government; residential camps or National Youth Sports Programs; and private nonprofit organizations. Eligible feeding sites are either "open sites," those located in areas where 50 percent or more of the children are from households with incomes below 185 percent of poverty, or "enrolled sites," those in which 50 percent of the children attending the program are from households with incomes under 185 percent of poverty. In open sites, all meals are reimbursable and free to all participating children. In enrolled sites only those meals served to eligible children may be reimbursed. SFSP not only provides nutritious meals when school is out to children who might otherwise go hungry, but when coupled with recreation, tutoring and educational programs, offers a developmental program as well. Currently, only 16 percent of the number of low-income children who participate in the School Lunch Program during the school year participate in the SFSP.

School Breakfast Program (SBP). The SBP provides per meal cash reimbursements to public and non-profit private schools and residential child care institutions (RCCIs) to cover the costs of serving nonprofit breakfasts to students. Families generally fill out an application to obtain their children's meals free (when family incomes are at 130 percent or below of poverty) or at a reduced price (family incomes between 130 percent and 185 percent of poverty). Reimbursable meals must meet meal pattern requirements specified by the U.S. Department of Agriculture (USDA). A 1987 study of low-income children and the School Breakfast Program, *School Breakfast and School Performance*, conducted in Lawrence, Massachusetts, found that low-income children who participated in the program scored significantly higher on their standardized achievement test scores compared with low-income children who did not participate in the breakfast program. Additionally, they found a tendency toward lower tardiness and absentee rates. Currently, 21 states require some or all schools to make this nutritious morning meal available. In 1993-94, over 53,000 schools and 5.2 million low-income children participated in the SBP nationwide. This translates into 57 percent of the schools and a little over a third of low-income children participating in the NSLP.

National School Lunch Program (NSLP). Over 90,000 schools participated in the NSLP in 1993-94. About 95 percent of all elementary-secondary school students are in participating schools. Over 25 million children participate daily, and over 13 million of them receive their meals either free or at a reduced-price. USDA research shows that children who participate in school lunch have superior nutritional intakes compared to those who do not. Also, USDA has reported that low-income children who participate in the School Lunch Program depend on it for one-third to one-half of their nutritional intake each day. The NSLP represents an enormous untapped resource for education, and for family and community involvement.

D.C. Hunger *Action*

Fighting Hunger and Poverty in Washington, D.C.

1317 G. Street, NW, Washington, DC 20005 • 202-347-4441

FOR IMMEDIATE RELEASE

Contact: Colleen Fee
202/347-4441
Kim Kumiega
Lillian Barisic
312/280-7000

STUDY FINDS ONE IN EIGHT DISTRICT CHILDREN HUNGRY

Children are hungry in the District of Columbia. Approximately one in four District children under 12 is hungry or is at risk of being hungry, according to the survey results from the Community Childhood Hunger Identification Project (CCHIP) issued today by D.C. Hunger Action.

Based on interviews with approximately 350 randomly selected low-income families with children under age 12 in the District, the survey estimates that approximately 11,000 children under age 12 are hungry and an additional 13,500 are at risk of being hungry. The CCHIP is a research project employing scientifically valid survey techniques to document the extent of hunger among low-income families with at least one child under the age of 12.

"The study sounds an urgent call for action from federal and local governments and community-based organizations to help end childhood hunger in the nation's capital," said Colleen Fee of D.C. Hunger Action.

Nearly three in four low-income households -- 73 percent -- are hungry or at risk of being hungry, the study finds. The CCHIP study defines hunger as food insufficiency due to inadequate economic, family or community resources. The survey contained more than 150 questions about the families' situation and status, including eight key questions identifying specific measures of hunger. Respondents answering "yes" to at least five these questions were considered hungry. At risk of hunger was defined by those respondents answering "yes" to one to four questions, demonstrating at least one sign of a food shortage problem.

-- more --

Page Two

The study underscores a clear link between poverty and hunger and emphasizes the reciprocal relationship between education and hunger. Hungry low-income families live on average at just 65 percent of poverty, while non-hungry, low-income families live on average at 86 percent of poverty.

"At Kraft General Foods, we believe that childhood hunger is a solvable social issue, and the first step in combating it is identifying and documenting the problem," said Diane Rand, KGF's corporate affairs manager. "Kraft General Foods is pleased to support D.C. Hunger Action in this effort."

The District CCHIP study finds that hungry children suffer twice as many individual health problems and illnesses as their non-hungry counterparts. They also experience more frequent fatigue, irritability and suffer from an inability to concentrate -- all of which can have a profound effect on learning.

"Hunger in the nation's capital is real and constant. It threatens the health and well-being of children, as well as the District's economy," Fee said.

One problem is that food assistance programs simply do not reach all those who need them. For example, 28 percent of families who qualify for food stamps do not receive them. Only 6 percent of low-income families use the Summer Food Service Program, which provides meals to children when school is out.

Another problem is that hunger persists even in families who do receive aid. More than one-third of the families who receive both Aid to Families with Dependent Children and food stamps still go hungry. "Food assistance programs fall short of eliminating hunger," Fee said. Even when food stamps, cash and vouchers from the Special Supplemental Food Program for Women, Infants and Children are combined, low-income families can afford to spend only 85 cents per person per meal.

Based on the study, D.C. Hunger Action divides its policy recommendations into two categories: 1) Improve food assistance programs to eliminate hunger; and 2) Help families help themselves through job training, adequate wages, housing assistance, child care and health care services.

-- more --

Page Three

One of the group's key recommendations calls for providing all eligible women and children in the District with crucial nutritional assistance through the Special Supplemental Food Program for Women, Infants and Children (WIC). D.C. Hunger Action also recommends modifications to the Food Stamp Program, the Summer Food Service Program for Children and the School Breakfast Program.

"More can be done through federal food assistance programs to meet the needs of hungry children in the District of Columbia and across the country," said Rob Fersh, executive director of the Food Research and Action Center (FRAC). "Providing food must become an integral part of all efforts to improve the lives of low-income children."

In order to promote long-term economic sufficiency, D.C. Hunger Action recommends improvements in public school education and in job training programs. The average survey respondent had only a tenth-grade education. Forty-four percent of those interviewed for the CCHIP said that a job is the one thing that would help them feed their families better.

Partnership between corporate and non-profit sectors can play an important role in helping to eradicate hunger. For example, Kraft General Foods is the principal corporate sponsor in D.C.'s CCHIP study and a national partner in FRAC's Campaign to End Childhood Hunger.

The D.C. CCHIP survey is part of the most comprehensive national study of hunger ever conducted. The CCHIP is organized nationally by the D.C.-based Food Research and Action Center, the leading national group working to improve public policies to end hunger and undernutrition in the United States.

#

POLICY RECOMMENDATION Highlights

Policy recommendations for the Community Childhood Hunger Identification Project (CCHIP) studies in the District of Columbia:

- ◆ Provide all eligible women, infants and children (40,000) in the District of Columbia with crucial nutrition assistance through the special supplemental Food Program for Women, Infants, and Children (WIC).
 - Current funding of the WIC program does not allow for full participation by all who are eligible and desire to participate. Slightly more than one-half of those eligible do not receive benefits.
- ◆ Guarantee that the Food Stamp Program is accessible to all those who are eligible and that benefit levels adequately prevent hunger.
 - The Food Stamp Program does not reach all low-income people who need it. Twenty-eight percent of CCHIP respondents who are income-eligible for the Food Stamp Program do not participate. Of this group, more than three in four (75.6 percent) are hungry or at risk of hunger.
- ◆ Expand school-based food programs for children, including the School Breakfast Program and the Summer Food Service Program.
 - Fewer than one in five CCHIP respondents know about the Summer Food Program. Only 14 percent of the District children who received free and reduced-price lunches during the 1993-94 school year also used the Summer Food Program in the summer of 1994.
 - Of the CCHIP sample, approximately 30 percent of the eligible school children do not participate in the School Breakfast Program.
- ◆ Increase employment and training opportunities for low-income, low skilled workers.
 - 44 percent of low-income families say a job is the one thing that would help them feed their families better.
- ◆ Increase the quantity and quality of affordable housing.
 - More than half of low-income households -- 56 percent -- spend over 30 percent of their income on shelter; 29 percent spend more than 50 percent of their income on shelter.

HIGHLIGHT SHEET

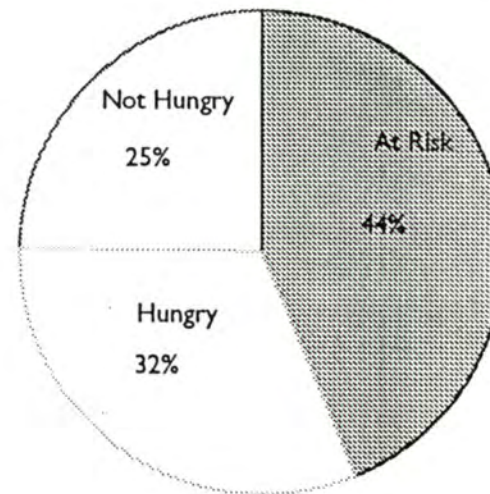
Summary of findings and recommendations of the Community Childhood Hunger Identification Project (CCHIP) in the District of Columbia, part of a national study designed to measure hunger in families with young children:

- ◆ Hunger in the nation's capital is real and constant.
 - Families with children under 12 who have incomes at or below 185 percent of the poverty guideline go hungry an average of 2.4 days each month.
- ◆ Hunger is a condition of poverty.
 - Hungry families live at 65 percent of poverty, or \$8,008 per year for a family of three.
- ◆ Hunger threatens District children's health and well-being.
 - Children in hungry, low-income families suffer twice the number of health problems as children in low-income families who are not hungry.
- ◆ Even working families cannot meet their families' basic needs.
 - Among CCHIP families with one or more full-time workers, 23 percent are hungry. An additional 43 percent of such families are at risk of hunger.
- ◆ Safety net programs are riddled with holes.
 - Food assistance programs do not reach all those who qualify for them and who need them. For example, more than one in four low-income families -- 28 percent -- who qualify for food stamps do not receive them.

Hunger Among All Children Under 12
In Washington, DC



Hunger Among Low-Income Households
with Children Under 12 in Washington, DC



Profile of a CCHIP family:

The average number of persons per household profiled participating in the Community Childhood Identification Hunger Project is 4.6 people with an average number of 2.7 children.

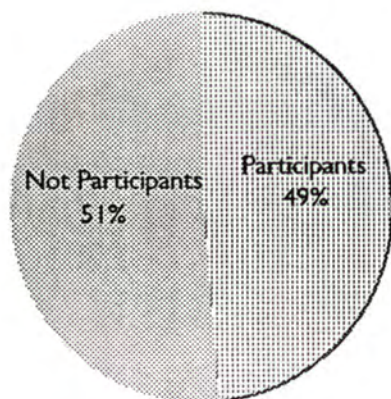
77 percent of CCHIP households live at or below the poverty line, while 23 percent live above poverty.

The average monthly gross income of a CCHIP is \$946.00, allowing \$205.23 for each person.

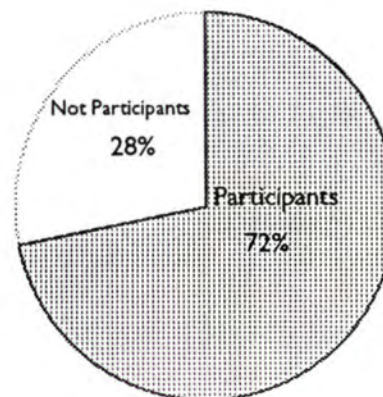
Hunger indicators:

59% households answered yes when asked, "Did you ever run out of money to buy food?"

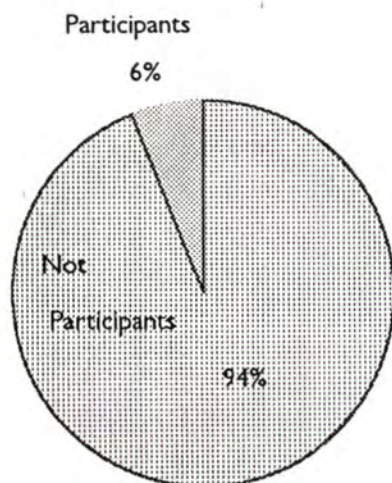
27% of households answered yes when asked, "Did you ever cut the size of the children's meal or did they ever skip meals because there was not enough money for food?"



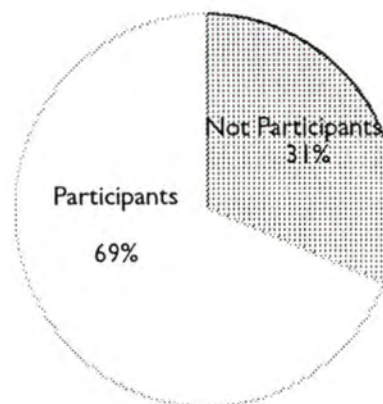
Participation in the WIC Program
by Eligible CCHIP Households



Participation in the Food Stamp Program
by Eligible CCHIP Households



Participation in the Summer Food Service Program
by Eligible CCHIP Households



Participation in the Free and Reduced Price School Breakfast
Program by Eligible CCHIP Households

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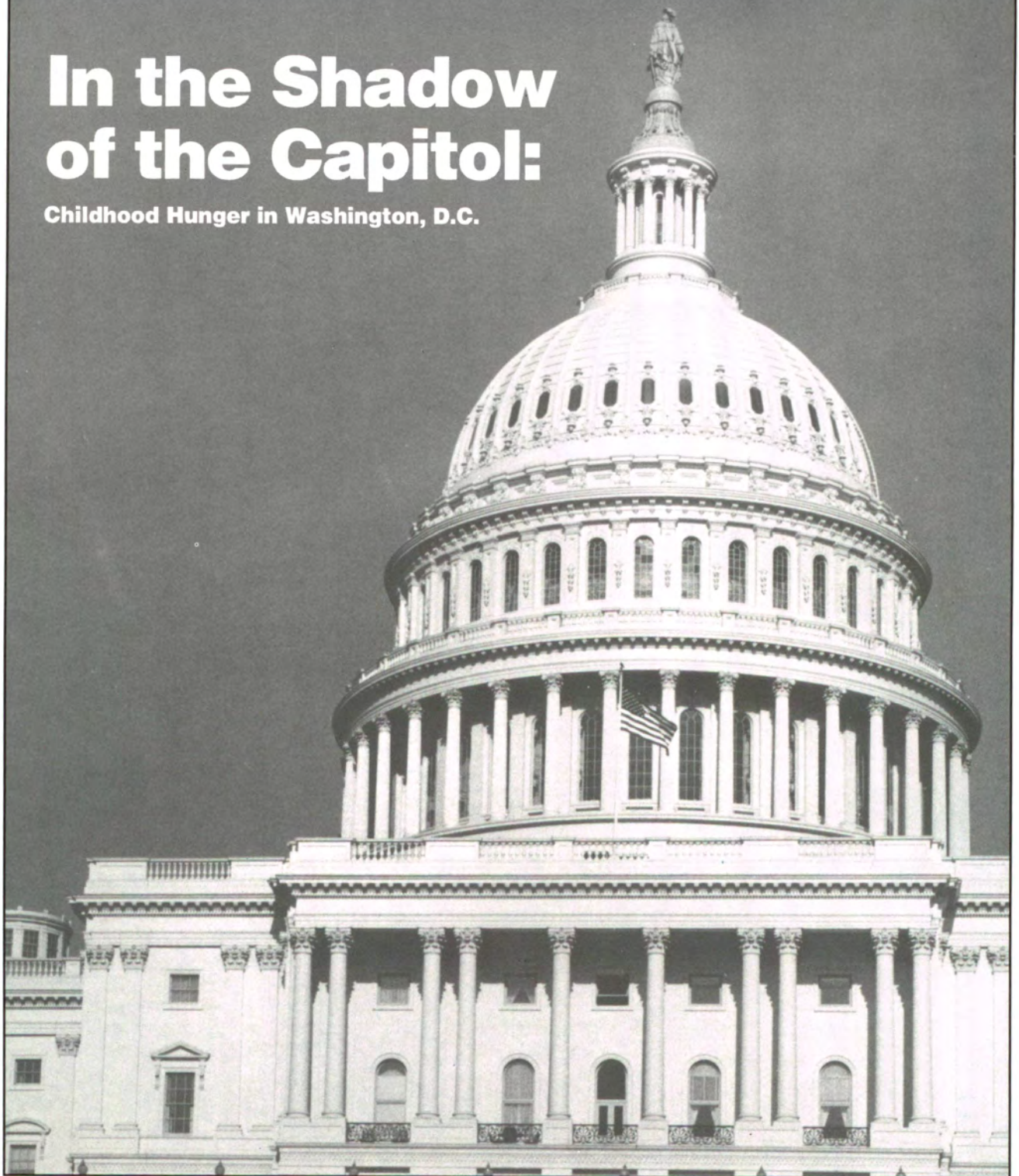
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In the Shadow of the Capitol:

Childhood Hunger in Washington, D.C.



D.C. Hunger Action



Just Harvest

EDUCATION FUND

Building understanding
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FOR IMMEDIATE RELEASE

CONTACT: Ken Regal 464-0739
Joni Rabinowitz 464-0739

NEW RESEARCH FINDS ONE IN SEVEN ALLEGHENY COUNTY CHILDREN
HUNGRY OR AT RISK OF HUNGER

"Hometown Hunger" Report Calls for Aggressive Government Action

PITTSBURGH (Oct. 26, 1994) - Thousands of children are hungry in Pittsburgh and Allegheny County. Approximately one in four children under 12 in Pittsburgh and one in seven in all of Allegheny County are hungry or are at risk of being hungry, according to results from the Community Childhood Hunger Identification Project (CCHIP), a report issued today by the anti-hunger advocacy organization Just Harvest.

In all of Allegheny County, about 7,000 children under 12 are hungry and an additional 22,500 are at risk of being hungry. The study found that in the City of Pittsburgh alone, 3,500 children under 12 are hungry, with 11,500 more at risk of hunger.

These numbers are based on a comprehensive, two-year study, including 165-question, in-home interviews with more than 700 randomly selected low-income families throughout the County.

"Having children go hungry is simply unacceptable in our hometown. The CCHIP study shows that, on average, three or four kids in every classroom in the county are hungry or at risk of hunger," said Ken Regal, co-director of Just Harvest.

He added: "This study sounds the alarm for an urgent call for action on public policy from the federal, state and local governments to help end childhood hunger."

Hunger is defined by the study as the mental and physical condition that comes from not eating enough food, due to insufficient economic, family or community resources. Childhood hunger is measured in the CCHIP study by a series of eight core questions within the 165-question interview which explore aspects of food shortages in the household. Families answering "yes" to five or more of these eight questions are considered "hungry," while those with one to four affirmative answers are considered "at risk of hunger."

"Hometown Hunger" underscored an undeniable link between poverty and hunger. On average, the hungry households had 17 percent less monthly income per capita than their non-hungry peers, translating to a mean gross monthly income for hungry households of \$844 or \$215 per household member.

-- more --

(page 1 of 3)

Nearly half of the hungry families --47 percent-- are so desperately poor that they would still be under the federal poverty line even if their incomes were to double. "Unlike homelessness, hunger often goes unseen and unnoticed. The first step to remedy the problem is to recognize that hunger is a condition of poverty with 77 percent of the hungry families living at or below the poverty line," Regal explained. (The poverty line is \$14,800 for a family of four).

The study concluded that neither a job nor a high school education is necessarily enough to protect a family from hunger. About two out of three of the hungry households were jobless, but having a job did not always prevent hunger. Of the hungry households with an adult gainfully employed -- including those with only part-time or less than year-round jobs --, the average gross hourly wage was only \$6.58.

Even more startling, the study found that six out of seven hungry households had an adult with at least a high school diploma or GED.

In addition, "Hometown Hunger" found hungry children suffered twice as many specific health problems and illnesses as their non-hungry counterparts. They were more likely to experience frequent fatigue, irritability, and an inability to concentrate --all of which can have a profound effect on learning.

"At Kraft General Foods, we believe that childhood hunger is a solvable social issue and the first step in combatting it is identifying and documenting the problem," said Diane Rand, manager of corporate affairs for Kraft General Foods. "Kraft General Foods is pleased to support the work of Just Harvest in this effort."

Part of the problem is, first, that food assistance programs simply do not reach all those who qualify for and need them. For example, the study found that 43 percent of low-income households with school-age children aren't reached by the School Breakfast Program and only six in ten low-income households have even heard of the Summer Food Program for Children.

Similarly, one-third of the low-income households in the CCHIP study do not receive food stamps. The barriers cited by respondents ranged from eligibility and transportation, to pride and embarrassment. The result is that nearly one in seven hungry households in Allegheny County did not receive food stamps in the past year.

Secondly, even families who receive aid are hungry. Not a single hungry household in the survey reported being able to feed their entire family for a month with just the food stamps. The reason is that these families receive an average of \$58 per household member per month in food stamps, which amounts to just under \$2 per person per day.

"Current levels of food assistance in government programs stop far short of eliminating hunger, and must be improved," Regal said.

Based on these findings, Just Harvest divided its policy recommendations into two categories: 1) strengthening government food assistance programs, and 2) repairing the social safety net through housing assistance, child care support, a boost in the minimum wage, universal health coverage and supportive welfare policies.

In the City of Pittsburgh, Just Harvest challenged the mayor and City Council to increase the annual funding of the Hunger Trust Fund from \$200,000 to \$500,000. "We call on the city government to boost funding where hungry families turn to most often -- the food pantry and the soup kitchen," Regal said.

One of the group's key recommendations calls for increasing the benefit levels of the Food Stamp program. Just Harvest also recommended improvements to the Supplemental Food Program for Women, Infants and Children (WIC), the Summer Food Service Program for Children and the School Breakfast Program.

In particular, "Hometown Hunger" documented a gap in services to children who are too old for WIC (past their 5th birthday) but too young for meals in full-day school.

"Our top priority is to restructure food assistance programs allowing for better access and broader reach. But we cannot stop there. We must concurrently address the social and economic issues facing these families," said Cheryl Wehler, CCHIP's national director. "Only then will we be able to effectively eradicate the problem of childhood hunger."

Partnership between corporate and non-profit sectors can play an important role in helping to eradicate childhood hunger. For example, Kraft General Foods is a key corporate sponsor of the Pittsburgh and Allegheny County CCHIP study and a national partner in the campaign to end childhood hunger.

"Hometown Hunger" is part of the national CCHIP Project, the most comprehensive national study of hunger ever conducted. It is coordinated by the Food Research and Action Center, in Washington, D.C., which is the leading national group working to improve public policies to end hunger and undernutrition in the United States. The Pittsburgh/Allegheny County CCHIP study was conducted by Just Harvest Education Fund. Founded in 1986, Just Harvest is a countywide anti-hunger advocacy and education organization.

#

HOMETOWN HUNGER

HIGHLIGHTS OF FINDINGS

Summary of study findings of the Community Childhood Hunger Identification Project (CCHIP) in Pittsburgh and Allegheny County, which is part of a national study measuring hunger in families with children under 12:

► Hunger in Pittsburgh and Allegheny County is real.

-- One out of 7 children under 12 -- 29,500 children -- are hungry or at risk of hunger in Allegheny County as a whole.

-- One out of 4 children are hungry or at-risk in the City of Pittsburgh.

-- 12% of low-income families with children reported running out of money for food to make a meal **every month** during the past year.

► Poverty is a key component of hunger.

-- The gross monthly income of hungry households averaged only \$884 -- or **\$215 per household member**.

-- 47% of hungry households are so poor that they would still be **under the poverty line even if their income were to double**.

-- 91% of hungry households **chose not to pay bills on time in order to have money for food**.

► Hunger threatens children's health and well-being in Allegheny County.

-- Children in hungry households **suffer twice the number of health problems** as do children in low-income families who are not hungry. For example, these children are 4 times as likely as other low-income children to have problems with **inability to concentrate**, 3½ times as likely to have **unwanted weight loss**, and 3 times as likely to have **frequent headaches**.

► Safety net programs are full of holes.

-- **Not a single hungry household** in the survey reported that they were able to feed their entire family for a month with just their food stamps.

-- 43% of low-income households with school-age children **are not reached by the School Breakfast Program** in Allegheny County.

HOMETOWN HUNGER

HIGHLIGHTS OF PRIORITY PUBLIC POLICY RECOMMENDATIONS

The permanent answer to hunger in our hometown lies in changing public policy. Making improvements in food assistance programs would increase families' food purchasing power. But ultimately, the solution to hunger is an economic structure which lifts families out of poverty. We need a variety of changes in wages, tax policy, government priorities, job creation, full employment, and income supports if we truly want to eliminate poverty and hunger.

Top priority policy changes needed now to address hometown hunger include:

I. Federal Government

- Increase food stamp benefit levels to meet the needs of hungry families.
- Pass real welfare reform that is supportive -- not punitive -- and which strengthens benefits for needy families.

II. State Government

- Introduce and enact comprehensive Childhood Hunger Relief Act which includes expansion of WIC-type benefits to children until they start full-day school, provides outreach and start-up funds for Summer Food Program, food stamp outreach, and a School Breakfast mandate.
- Expand availability of food to charitable food programs by increasing funding for the State Food Purchase Program.

III. Allegheny County Government

- Launch a major expansion of the County Hunger and Nutrition Initiatives, including funding for food pantry operating expenses, summer food and food stamp outreach, and filling the vacant position of Hunger and Homeless Programs coordinator for the County.

IV. Pittsburgh City Government

- Increase funding of the Hunger Trust Fund to \$500,000 to support food pantries and soup kitchens serving hungry families in the city.

V. Local School Districts

- Provide school breakfast in every school building in every school district and ensure the availability of meals to kindergarten students.

Pittsburgh Post-Gazette

ONE OF AMERICA'S GREAT NEWSPAPERS

WEDNESDAY, OCTOBER 26, 1994

7,000 county children go hungry, survey finds

By Ellen M. Perlmutter
Post-Gazette Staff Writer

One out of 28 children under age 12 in Allegheny County goes to bed hungry, according to the first local, comprehensive study documenting childhood hunger.

Add to that children who are on the verge of hunger — the at-risk youngsters — and the health and well-being of one out of seven children is threatened, according to the report being released today.

"Being proud Pittsburghers, we're very saddened to find out these numbers," said Joni Rabinowitz, executive director of Just Harvest, the anti-hunger group that conducted the \$200,000 "Hometown Hunger" study. "We don't think it's necessary."

Researchers defined hunger as the "mental and physical condition that comes from not eating enough food" because of a family's limited economic resources.

"That it documents the problem is the key point," Rabinowitz said. "No other study has gone into peoples' homes and interviewed families so completely about their own situations."

Even with food stamps as a supplement, she said, families run out of money to buy food and often they and their children eat less — or go without some meals.

Many try to rely on food pantries but often find that without transportation they are difficult to reach. Others rely on family and friends — and borrowing time.

They'll delay paying utility bills for food.

When bills pile up at the end of the year, "I call the utility company and I say I'm not paying until January or February," said Mike Roth, an unemployed father of three young children in Penn Hills.

"Most of us don't eat breakfast," said Rose Barber, who has three children and three grandchildren living with her in her rent-subsidized Garfield home.

"You can't afford three meals a day. Our base meal is dinner. Yesterday, I had cream of wheat, jelly and toast and coffee" for dinner. The children ate scrambled eggs and toast.

The 18-month study, financed with grants from foundations, corporations and government agencies, first identified 4,638 low-income households with at least one child under 12 in various parts of Pittsburgh and the county.



Tony Tye/Post-Gazette

Rose Barber says grace before dinner with her grandchildren, from left, Cherri, 5, Brandi, 2, and Jennill, 13. At the doorway is Jennill's mother, Helen Barber. "Most of us don't eat breakfast," says Rose.

Low income was defined as \$23,447 a year — or 185 percent of the federal poverty level — for a family of four.

From there, researchers picked 1,018 of the families for in-depth interviews, including Barber, 52, and Roth and his wife Heike, who live in a two-bedroom apartment.

Based on the number of people reporting hunger in the low-income sample, researchers projected the prevalence of hunger among all low-income families in the county. The number of children in those households is 7,000.

Families above the low-income level were presumed to have no hungry children.

The 7,000 hungry children are 3.6 percent of the 195,000 children under age 12 in Allegheny County.

The survey determined that roughly half of the hungry children live in the city of Pittsburgh.

"The president, everybody — they have no idea how we live. Every day, we're juggling," said Heike Roth, who describes herself as a Thalidomide baby — born without legs in 1961 because her mother had taken the prescribed drug during pregnancy.

Both the Barbers and Roths, who

agreed to be interviewed for this story, answered yes to five of eight questions about hunger, meaning that they are hungry, according to the study organizers.

Those who answered yes to four of the questions were placed in the at-risk category. They totaled 22,500 children in the county. When the hungry and at-risk children are totaled, they make up 15 percent of the county's children, researchers found.

The findings ultimately will be included in a nationwide study by the Food Research and Action Center, a Washington, D.C.-based, non-profit, anti-hunger group. The center's Community Childhood Hunger Identification Project originated the research material.

"The problem is that [food] programs are not reaching all of the people who need them," Rabinowitz said. "In some cases, programs aren't adequately funded."

As a remedy, the Homestead-based group has called for expansion of food assistance programs to increase families' purchasing power, as well as for changes in government priorities to improve wages, tax policies and income supports.

For example, Rabinowitz said that Just Harvest members would testify at a city Planning Commission budget hearing tonight to pro-

test Mayor Murphy's proposal to delete the city's annual \$200,000 contribution to food pantries from its 1995 budget.

"We fought for the Pittsburgh Hunger Trust Fund," she said. "We still need it."

The fund has provided more than \$1 million to food pantries and soup kitchens since 1988.

Deputy Mayor Tom Cox said Murphy had decided to use a \$1 million allocation from the federal Community Development Block Grant funds for development and youth projects. Pantry funds have come from that grant.

"We have cut out all groups — 2 to 30 of them — from the mayor budget because we are suggesting that the mayor has the two priorities now," he said.

As part of the survey, researchers asked families, including the Barbers and Roths, 165 questions about their lives.

"People should realize that they could be in this situation at any time," Heike Roth said. "Tell people that if you lose your job, you're going to be like us."

Hurt in a jeep accident in the Army, Mike Roth said he had been unable to work to support his family, now including three children. Mike, 7; Terry, 6; and Nicole, almost 3.

THURSDAY, OCT. 27, 1994

HUNGER STUDY

1 in 7 county kids, 1 in 4 in the city facing problems

Changes in providing for low-income families sought

By Emily Tipping
TRIBUNE-REVIEW

Coordinators of the two-year "Hometown Hunger" study say findings that one of every seven children in Allegheny County are hungry or are at risk of being hungry should "sound an alarm" for policy changes when it comes to providing for low-income families.

The study was released Wednesday by the advocacy organization Just Harvest, yesterday called for increased food stamp benefit levels, mandated school breakfast programs and a \$500,000 budget allocation to Pittsburgh's Hunger Trust Fund.

Joni Rabinowitz, co-director of Just Harvest, yesterday called for increased food stamp benefit levels, mandated school breakfast programs and a \$500,000 budget allocation to Pittsburgh's Hunger Trust Fund.

Representatives of the Hometown group were expected to ask the Pittsburgh Planning Commission for the \$500,000 federal grant to fund food pantries and soup kitchens at a capital budget hearing last night.

The study, based on in-home interviews with more than 700 randomly selected, low-income families, determined about 7,000 children under 12 are hungry in Allegheny County and another 22,500 are at risk of being hungry.

Hungry children 12 and under in Pittsburgh total about 3,500, with 11,500 more children identified as at-risk.

Childhood hunger was defined by how families answered eight "core" questions about food shortages in the household. Families who answered yes to five or more questions were considered "hungry." Anywhere from one to four affirmative answers made the family "at-risk."

Cheryl Wehler, national CCHIP project director, called the benchmark survey — which has been completed in 10 other states — "sound science."

More than 24,000 households were initially contacted door-to-door in the search for families who met interview criteria, she said. Interviewers spent more than an hour asking each family 165 questions and then, in some cases, getting a glimpse inside refrigerators and cupboards.

WARNING SIGNS

How households reported food problems in the past 12 months:

■ Run out of money to buy food — 43 percent (all of Allegheny County); 43 percent (Pittsburgh only).

■ Adults eat less than they feel they should — 38 percent; 37 percent.

■ Children eat less than they feel they should — 13 percent; 12.5 percent.

■ Children say they are hungry — 12.5 percent; 13 percent.

■ Children go to bed hungry — 3.8 percent; 3.6 percent.

■ Ever cut size or skip children's meals — 13 percent; 12 percent.

■ Adults ever cut size of or skip meals — 40 percent; 36 percent.

■ Rely on limited foods when money is running out — 54 percent; 48 percent.

Findings in the Allegheny County survey, she said, were consistent with others across the nation, except the Pittsburgh region was more likely to have an educated or working adult in its hungry households.

Thirty-four percent of those families had an adult working outside the home. An even larger number, 37 percent, are two-parent families. Seventy-three percent of the families do not live in public housing, 43 percent are white, and 35 percent do not receive any benefits from Aid to Families with Dependent Children.

Just Harvest co-director Ken Regal said those statistics break the stereotypes about who needs assistance. The Hometown Hunger report, above all, he said, established hungry children come from families who are "desperately poor," families whose average

PLEASE SEE HUNGER/B2

HUNGER FROM/B1

gross monthly income is \$844.

The survey also found:

■ 47 percent of the hungry households are so poor they would still fall under the poverty line if their income were to double.

■ 91 percent of hungry households chose not to pay bills on time so they could buy food.

■ None of the hungry households in the survey said they were able to feed their family for a month with just food stamps.

Eight out of 10 hungry households use food stamps, according to the report.

But the average allotment, Regal said, is \$2 per person per day.

Terri Saunders, a single mother of five from the South Side, said she gets \$300 a month to feed her five children, ages 7 to 18.

Saunders attended a news conference yesterday announcing the study results as an anti-hunger advocate who "lives with (hunger) every day."

Saunders said she was unprepared when she and her husband divorced in 1991.

Although she has received her GED and will enroll in a nurse's assistant training program next month, Saunders still visits a food pantry once a month to get canned goods, hot dogs, butter and other food.

"My 7-year-old starts out eating what he wants, and then at the end of the month, when that

changes, it's like a death sentence for him," she said. "And it's a heartache to me."

Stereotypes and pride can keep some families from signing up for reduced-price lunch and breakfast programs, food stamps and food pantries, report said.

But Regal pointed to lack of outreach program transportation barriers and bureaucratic "bureaucratic holes" as reasons other poor families can't put food on the table.

The Women, Infants and Children nutrition program does not serve children after they turn 5. But those 5 year olds who are entering kindergarten may not be able to participate in the school's meal plan.

Rabinowitz said 12 school districts in Allegheny County still don't participate in the federal breakfast program, which they could operate at no cost.

Judy Kelly, spokesperson for Pittsburgh Mayor Tom Murphy, said the Hunger Trust Fund — which totaled \$250,000 last year — could remain in next year's budget. But she said city officials are asking groups like Just Harvest to consolidate with other organizations and apply jointly for grants.

Rabinowitz also criticized the county commissioners for being slow to fill the post of coordinator for Hunger and Homeless Programs vacated seven months ago.

Robert Nelkin, director of human services for the county, said that position — created by the commissioners in 1990 — is in the process of being filled.

TRIBUNE-REVIEW graphic

Childhood hunger

Hunger and at-risk children under age 12:

	Non-hungry	Hungry	At-risk	TOTAL
Allegheny County	165,000	7,000	22,500	194,500
Pittsburgh	36,000	3,500	11,500	51,000

County Study Focuses On Hungry Children

BY CAROL WATERLOO
Woman's Page Editor

When was the last time you went to bed hungry? Have you skipped any meals lately? Are you serving sizes smaller than in the past?

When was the last time you actually ran out of food for you and your family and you didn't have enough money to buy more?

No, that's not something that happens in Third World countries. Hunger is something thousands of people in Allegheny County know about first hand.

In Allegheny County, one out of seven children under 12 experience hunger or are on at-risk of hunger. That comes out to 7,000 children who understand the pains of hunger; 22,500 are at-risk for finding out.

Those alarming statistics were released yesterday as part of the findings of a first-ever comprehensive study in Allegheny County to document child hunger.

Ken Regal, project director of the study and co-director of Just Harvest, says, "We didn't know what to expect when we started the study. We knew child hunger was a problem, but before we could only rely on numbers from food programs. This study really puts the problem into perspective."

Just Harvest is an anti-hunger group that conducted the study. The two-year study targeted more than 4,500 low-income households in Pittsburgh and Allegheny County with at least one child under 12. From there, researchers selected 1,018 families for in-depth interviews.

Low-income households were defined as those with an annual income of \$23,447 — or 185 percent of the federal poverty level — for a family of four.

"We conducted an hour-long survey consisting of 165 questions," Regal says of the selected households. "Of those questions, eight dealt specifically about food shortages in their household within the past 12 months."

Those questions included:

/ Did your household ever run out of money to buy food to make a meal?

/ Did you or adult members of your household ever eat less than you felt you should because there was not enough money for food?

/ Did your child or children ever eat less than you felt they should because there was not enough money for food?

/ Did your child or children ever say they were hungry because there was not enough food in the house?

/ Did your child or children ever go to bed hungry because there was not enough money to buy food?

/ Did you ever cut the size of your child's or children's meals or did they skip meals because there was not enough money to buy food?

/ Did you or adult members of your household ever cut the size of your meals or skip meals because there was not enough money to buy food?

/ Did you ever rely on a limited number of foods to feed members of your household because you were running out of money to buy food for a meal?

Any household that answered "yes" to one to four of the questions was considered at-risk; "yes" answers to five or more questions meant the children were experiencing hunger.

"It was from those questions that we determined there were 7,000 children suffering from hunger in Allegheny County," Regal says.

"When we received a 'yes' answer to a question, we asked how frequently they ran out of food."

Those findings showed that 43 percent of low-income households have run out of food for a meal and 12 percent of those households face that situation every month. The average number of months that occurred in was 6.5 each year and it lasted for three to four days each month.

"This is a regular problem that happens frequently for many people," he stresses. "These are people who aren't that different from anyone else. They aren't always single mothers, they aren't all black or all white or unemployed. Three-quarters of the households have a breadwinner."

According to the study, hunger affects children in one-parent households as well as households with two parents. The number of children in the household also does not appear to play a role.

Offering some statistics, Regal says less than a quarter of the children who are hungry live in housing projects. A further breakdown shows 43 percent are white, 7 percent are mixed or other and 50 percent are black.

Education also does not seem to be a major factor — seven out of eight hungry households have at least one adult with a high school diploma or GED. The same was true for at-risk households.

Regal says the study also looked at how the households cope with the problem. "Twenty-eight percent of all low-income households use food pantries once a month and 42 percent said they use food pantries some times."

Three-fourths of those households said they have borrowed money for food and a third said they send their children to a friend's or relative's home to eat.

"Those statistics can shed some light on why someone is borrowing a few dollars from you or why a friend is coming to your house for dinner," he says. "If you understand why that is happening, it can put things in a different perspective."

Of the hungry households, 91 percent — or nine out of 10 — have chosen not to pay bills at times so they would have enough money for food. "Two-thirds are behind in their rent, mortgage or utility payments so they would be able to buy food."

"People do a lot more to work their way out of the problem than most people know about," he explains. "They are really trying to make it, to provide food for their children. Some of the households experience hunger between 6½ and 8½ months a year. That is really staggering."

One reason, he says, is because many people have seasonal work. "A lot of people work part-time or their job is seasonal and it depends on how many hours they work. When they don't work as many hours, that's when they can experience hunger."

The findings from this study will be used to make recommendations for changes in public policy concerning hunger programs, he says, noting the summer food program is one of those areas.

"Our documentation shows a great need for outreach for the summer food program. Only two out of three low-income households knew about the program. A major initiative is needed in the state and county to make these people aware of what is available."

Another problem area involves food stamps, he says. "The average amount of food stamps is \$2 per person per day. We clearly identified a need at the federal level to make them more generous."

"We couldn't find a single hungry household that could feed a family for one month with food stamps," he continues. "On the average, they paid \$102 over-and-above what they received in food stamps. But you have to wonder where that money is coming from. What are they giving up to provide food?"

The age limit for the WIC program is another problem uncovered in the study. Regal says that when children reach 5 years old, they are no longer eligible for WIC. "But a lot of those kids aren't in school for a full day yet. They are too old for the WIC program and too young for the school feeding program."

"We believe that either the WIC program should continue until the child is in school or the schools should offer a meal for children in half-day kindergarten," he says.

Because of the length of this study, he says another such project is unlikely in the future. "This was part of a national research study. Between our study and the other data, we will be able to use the information well into the future."

Massachusetts General Hospital is conducting a separate study on the developmental consequences of being hungry. The goal of that study, he explains, is to ascertain if there are developmental problems in children resulting from hunger. There will be additional data released soon from that study.

Studies already have shown that hunger can affect children in a variety of ways. They tend to have more health problems, significant weight loss, more frequent colds, headaches, diarrhea and fatigue.

According to Regal, "We see the solution as changing public policy and getting government programs to reach everyone in need so people can keep food on their table."

Task force to tackle hunger issues

By Eric Heyl
TRIBUNE-REVIEW

A newly formed task force will recommend to the Allegheny County commissioners ways to help alleviate the hunger problems afflicting thousands of city and county youths.

County Commission Chairman Tom Foerster announced Thursday a panel headed by county Human Services Director Robert Nelkin will explore avenues to ensure the hungry are fed. The committee will issue a report within 30 days.

The task force was formed in the wake of a survey released Wednesday that stated one in seven county children and one in four Pittsburgh children are hungry or at risk.

The figures were disclosed in a two-year "Hometown Hunger" study issued by the advocacy organization Just Harvest and the national Community Childhood Hunger Identification Project.

The report, based on interviews with more than 700 low-income families selected at random revealed that in the county about

7,000 children under 12 are often hungry and another 22,500 are at risk of being hungry.

The task force will include county Health Director Bruce Dixon; C.A. Peters, county mental health-mental retardation-hungry and homeless director; and members of the three commissioners' staffs.

"The panel will examine that report and make recommendations how we can step up our own efforts here in Allegheny County," Foerster said. "It may mean starting some efforts or stepping up some present ones."

Foerster suggested part of the solution may lie in getting more people informed of the various social programs available to combat hunger, such as food stamps or the Women, Infants and Children Nutritional program.

"We have a feeling that a lot of people eligible for a lot of these programs really are unaware of them."

Foerster hopes some of the committee's recommendations could be implemented as soon as the panel delivers its report next month.

Peters said the problems facing the county are being experienced

nationwide and are not easily solved.

"All you have to do is read the papers to know that the number of people in poverty is going up and the amount of food made available to them by the federal government is going down."

But he suggested that making refinements in programs already in place might make a difference locally.

"We will be looking at ways to improve the food distribution system. For example, some people who get food stamps may not be able to get to the supermarket. We'll be examining ways to rectify that."

Peters also responded to criticism by Just Harvest that the county has failed to name a hunger and homeless program coordinator. The post has been vacant for several months.

"Would I like to see the position filled? Absolutely," Peters said. "But I don't think that not having someone in here for the past 90 days or so is necessarily fatal."

Peters said he expects to hire someone by the end of the year.

Pittsburgh Post-Gazette **SATURDAY, OCTOBER 29, 1994**

Food for thought

A study confirms that local children are going hungry

It doesn't take a great leap of logic to realize that a family with income well below the poverty line may occasionally have trouble buying enough food to stave off hunger.

Coupons, food stamps, food pantries, helpful relatives and lots of filler only take you so far. For some, the food eventually runs out. According to a recently published study on childhood hunger, some 7,000 children in Allegheny County have a personal understanding of scarcity.

"Hometown Hunger," a \$200,000 study done by the Community Childhood Hunger Identification Project and commissioned by Just Harvest, was based on 720 in-depth, face-to-face interviews in low-income households. A child was deemed hungry when families answered yes to five of eight questions regarding food shortages caused by inability to afford provisions.

There are those who question the study's methodology, which Just Harvest and the project defend as rigorous. But the fact of the matter is that, while the conclusion of the study is alarming, it isn't surprising.

Hints of it were to be found in a study the Greater Pittsburgh Community Food Bank released earlier this year. Despite a vast and efficient food-pantry network in this region, the study reported serious strains on

services. Many pantries limited how many people they served or how much food they provided because of short supplies.

That earlier study also found that most of the pantries' clientele did not have cars, making access and transportation critical issues in serving the needs. Many food-pantry users did not receive food stamps, despite being eligible. But the "Hometown Hunger" study found that even receiving food stamps did not guarantee an adequate diet. Almost 80 percent of the households found to be hungry received food stamps, but they had to spend, on average, an additional \$102 a month on food.

Poverty is obviously a key factor in hunger. The gross monthly income of hungry households averaged \$884, according to the new survey, and those on Aid to Families with Dependent Children did even worse. But other aspects of the profile may jar a few stereotypes. Thirty-two percent of the households had a wage-earner; 88 percent had an adult with a high-school degree or GED; 37 percent had two adults caring for and supporting the children; 81 percent of the adults were at least 20 years old when their first child was born; 43 percent are white; 50 percent live outside the city of Pittsburgh; 73 percent do not live in housing projects.

~ And for families that experience this problem, it tends not to be a one-time occurrence. Households that reported running out of money for food to make a meal said that such shortages occurred in six of the last 12 months and lasted about four days during the past month.

Dealing with hunger is a national concern and one that can be addressed from a variety of fronts — from increasing the minimum wage to expanding the food-stamp program.

But some steps can be taken closer to home. The city should reconsider the implications of eliminating its \$250,000 funding for food pantries. The county commissioners, on the other hand, are to be congratulated for responding immediately to the findings with a task force to study the issue and make recommendations within 30 days.

The "Hometown Hunger" study does not mean that children are starving or seriously malnourished. It is merely more statistical evidence of the obvious — that whatever your ideological/philosophical analysis of the causes of poverty — the simple truth is that life for the poor is difficult. And sometimes even putting adequate food on the table is a struggle.

"We believe childhood hunger is something we could solve if we all worked together."

County takes on child hunger

Commissioners set up new task force to study feeding youngsters in need

By John M.R. Bull
Post-Gazette Staff Writer

Alarmed by a new report that says 7,000 children under age 12 in Allegheny County are going hungry, the county commissioners ordered yesterday that a task force be created to study how to resolve the problem.

The commissioners said they wanted a plan of action within 30 days.

"It may mean we step up current efforts or start new ones," Commissioner Tom Foerster said. "I'm looking for one of the great efforts we always put on in the county."

A two year study of "Hometown Hun-

ger" by the hunger-advocacy group Just Harvest, which was released Wednesday, found that one of nearly seven children go hungry or are at risk of going hungry.

Those numbers should "sound an alarm," Just Harvest officials said when they released the report.

"It's very discouraging, because we believe childhood hunger is something we could solve if we all worked together," said Joni Rabinowitz, co-director of Just Harvest.

In its report, the group criticized the county for being slow to fill the vacant county position of coordinator for its Hunger and Homeless Programs.

Foerster said yesterday that Charles Peters, county director of Mental Health and Mental Retardation, was working on filling that vacancy and had been performing the hunger coordinator duties on the side.

The county runs many programs that

serve the hungry and the homeless, many of them funded by state and federal governments.

Foerster ordered that the task force be created, study what needs to be done and report its recommendations within a month. "Perhaps" the recommendations will be incorporated in the 1995 county budget, which is being created.

Foerster suggested that the task force study whether funds should be boosted for the county's Women Infants and Children program, which provides funds for pregnant women and children up to age 5 to purchase healthy foods. The county appropriated \$2.1 million for WIC this year.

The task force will be made up of county directors of Health, Human Services and MH/MR, and the chief clerk.

Foerster suggested that local governments be included on the task force, as well as members of the commissioners' staffs

and a representative from Port Authority, because some poor people have trouble getting to food pantries.

"We're very pleased, and we're very encouraged by the commissioners' response," Rabinowitz said after yesterday's commissioners' meeting.

The task force will probably examine the number of fund-raisers held by the county in which the proceeds benefit hunger funds.

It also will look at county funds granted to food pantries. This year, the county allocated \$200,000 to food pantries, but it allows the money to be used only for equipment purchases.

Rabinowitz said the commissioners should allow the money to be used to buy food.

The city granted \$250,000 to food pantries this year, and allows that money to be used for food purchases.

1 in 4 Pittsburgh kids goes hungry, study says

By PATRICIA BARTOS

Thousands of area children are hungry.

The stark figures of a recently concluded two-year study of childhood hunger show that one in four children under age 12 in Pittsburgh, and one in seven in Allegheny County are hungry or at risk of being hungry.

The "startling data" compiled in the Community Childhood Hunger Identification Project was released at a press conference Oct. 26 sponsored by Just Harvest, an anti-hunger advocacy organization.

The local study determined that some 7,000 children under age 12 in Allegheny County are hungry and an additional 22,500 at risk. In the city alone, 3,500 are hungry and another 11,500 at risk.

"Widespread childhood hunger threatens the health and well-being of children, as well as Allegheny County's economy. Clearly the study calls for urgent action by the federal and local governments and community-based organizations," according to Ken Regal, co-director of Just Harvest.

The two-year comprehensive study included interviews with more than 700 randomly selected low-income families throughout the county.

It was conducted by Just Harvest Education Fund as part of the national Community Childhood Hunger Identification Project, the most comprehensive national study on hunger ever conducted. It is coordinated by the Food Research and Action Center in Washington, D.C.

According to Regal, "the study sounds the alarm for an urgent call for action on public policy from the federal, state and local governments to help end childhood hunger."

The study defines hunger as "the mental and physical condition that comes from not eating enough food, due to insufficient economic, family or community resources."

Childhood hunger was measured in the study by a series of eight core questions within the 165-question interview on aspects of food shortages in the household.

Families answering "yes" to at least five of these questions were considered hungry, and those with between one and four positive answers were considered at risk.

John Hannigan, diocesan director of Social Programs and Community Development, served on the project advisory committee.

The study on "Hometown Hunger" shows that 47 percent of families suffering from hunger would still fall under the federal poverty line even if their incomes were to double.

"Unlike homelessness, hunger often goes unseen and unnoticed. The first step to remedy the problem is to recognize that hunger is a condition of poverty, with 77 percent of the hungry families living at or below the poverty line," Regal said. The poverty line is \$14,800 for a family of four.

The study also found that hungry children suffered twice as many specific health problems and illnesses as other children.

The permanent solution is to change public policy, the report advises.

Top priority recommendations on the federal level include increasing food stamp benefit levels to meet the needs of hungry families and passage of genuine welfare reform "that is supportive — not punitive" for needy families.

On the state level, recommendations include enactment of a comprehensive Childhood Hunger Relief Act including a mandate for school breakfasts, expansion of WIC-type aid for children and start-up funds for summer food programs.

On the county level, the study recommends a major expansion of the County Hunger and Nutrition Initiatives. **Q**

Friday, October 28, 1994

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HUNGRY CHILDREN IN ALLEGHENY COUNTY



Hometown unger

The Pittsburgh/ Allegheny County CCHIP Study

(Community Childhood Hunger Identification Project)