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# Fax Transmission

Date: 6/26/96

To: Joel Berg

Fax Number:



From: Elizabeth Riley, Executive Director  
Interfaith Hunger Coalition  
My Phone: (213) 637-1600 ext. 14  
Our Fax: (213) 365-0033  
Our Address: 155 N. Occidental Blvd.  
Los Angeles, CA 90026-4721

No. of pages including cover page: 37

Message:

*Here are a few items of <sup>Possible</sup> interest to you!*

CITY OF LOS ANGELES  
CALIFORNIA



RICHARD J. RIORDAN  
MAYOR

APR 15 1996

*Final*

COMMUNITY DEVELOPMENT  
DEPARTMENT  
215 W. 6TH STREET  
LOS ANGELES, CA 90014  
(213) 485-1617  
FAX (213) 237-0551

Council File No.: 86-2115 & 95-2240  
Council District No.: All  
Contact Persons & Extensions:  
Robert Vilmer X5-5734  
Gloria Stevenson Clark, X5-3424  
Human Services & Neighborhood  
Development Division

Honorable Richard J. Riordan  
Mayor, City of Los Angeles  
Room 305, City Hall

Los Angeles City Council  
c/o City Clerk's Office  
Room 395, City Hall

**COMMITTEE TRANSMITTAL: COMMUNITY DEVELOPMENT DEPARTMENT  
RECOMMENDATIONS FOR THE VOLUNTEER ADVISORY COUNCIL ON HUNGER  
PROPOSED HUNGER POLICY**

Transmitted for your consideration and approval is a Hunger Policy adopted by the Volunteer Council on Hunger (VACH).

**BACKGROUND**

In 1986 Councilmembers Richard Alatorre and Robert Farrell introduced a motion to City Council in response to a community based initiative by Campaign For Life, to establish a committee to oversee the development, coordination and promotion of a City policy on the elimination of hunger.

On August 4, 1989, the City Council adopted the recommendation of the Chairman of the Grants, Housing and Community Development Committee to accept the 1989 report on HUNGER. In June 1991, the Council approved the creation of a nine (9) member Volunteer Advisory Council on Hunger (VACH), composed of members to be appointed (3 each) by the Mayor, the President of City Council and the General Manager of the Community Development Department (CDD).

APR 15 1996

Mayor Richard Riordan  
Los Angeles City Council

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The following volunteers were appointed as follows:

Mayor's Office:	Irene Gomez David Kessler Blanca Cintron Scot
Council President:	Bishop Charles E. Blake, West Angeles Church of God and Christ Elizabeth Riley, Interfaith Hunger Coalition Stephen Saltzman, Campaign for Life
CDD:	Honorable Robert Farrell Robert Gottlieb, UCLA School Public Policy/Social Research Berta Saavedra, L A Alliance for a Drug Free Community

The VACH's responsibilities were to consist of the following: a) oversee the development, coordination and promotion of a City Policy on Hunger; b) act as a clearinghouse for hunger related information; c) evaluate existing resources and progress in solving hunger problems in the City; d) develop recommendations toward the eradication of hunger; and e) conduct yearly hearings on the state of hunger in the City.

The VACH's formation was completed in October 1994, subsequently eighteen (18) meetings and six (6) public hearings were held. On December 6, 1995, the City Council adopted a VACH recommendation that it shall be the policy of the City of Los Angeles to help combat and eliminate hunger and establish food security (Council File No.95-2240).

### PROGRAM CONCEPT TO COMBAT AND ELIMINATE HUNGER

The plan proposes to initiate a Los Angeles Food Security and Hunger Policy, incorporating the establishment of the Los Angeles Food Security and Hunger Partnership (LAFSHP). THE LAFSHP will be an advisory body to the City. It's mission is to promote food security and combat hunger through empowerment and community and economic development strategies, and to assure that all residents have access to a continuous source of safe, affordable, culturally acceptable, and nutritious food. The partnership will consist of 18 members, with 6 each being appointed by the Mayor, President of the City Council and the General Manager of the Community Development Department (CDD).

### PROGRAM STRUCTURE

*Over*  
The plan proposes that an adjunct non-profit (501c(3)) organization will be established with the above noted 18 stakeholders, serving as its Board of Directors. The purpose of the non-profit organization will be to provide funding to the Partnership for staffing and the carrying out of its mission.

*This partnership will*

**Mayor Richard Riordan  
Los Angeles City Council**

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The LAFSHP proposes on behalf of the City in part to:

- Prepare an annual report on hunger;
- Develop a set of food security and hunger indicators, based in part on existing models;
- Review and evaluate existing City policies on food and hunger and recommend new policies, as warranted;
- Collect and monitor data on a continuing basis on the nutritional, affordability, accessibility, and quality of food;
- Collaborate with community groups on local food-related issues and initiatives;
- Develop pilot projects based on empowerment and community economic development principles in targeted areas.

The Volunteer Advisory Council on Hunger (VACH) will be available to the appointing parties as an advisor in the appointment process.

#### **Additional Information**

The CDD is in support of the basic concepts and ideas presented in the draft Hunger Policy transmitted herewith.

The CDD recommends financial assistance to the LAFSHP, subject to Mayor/Council approval, in decreasing amounts over a four (4) year period as follows:

First year	\$100,000
Second year	80,000
Third year	60,000
Fourth year	40,000

These funds will function as "seed money" for the first formative years of LAFSHP operation. We expect that within this period, the LASFSP will become self sustaining and will have normalized all basic partnership systems. Please note that the specific instructions pertaining to the use of these funds should be developed following Mayor/Council review and included in the final actions taken by the Council.

The CDD additionally believes that the draft policy is now ready to begin the formal City review process necessary for final approval. Attached for your consideration are three (3) support letters from the VACH's original appointing authorities (Mayor, City Council President and CDD General Manager) indicating that this draft policy should now start the City's final review process.

Please note that the CDD will provide technical assistance to the LAFSHP and continue to assist the VACH in their commitment to complete a City of Los Angeles Hunger Policy.

APR 15 1996

Mayor Richard Riordan  
Los Angeles City Council

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**RECOMMENDATIONS**

The General Manager, Community Development Department, respectfully requests:

1. Your office process the subject report through the appropriate City Council Committee(s) for review and approval.
2. Approve the four year payment schedule: \$100,000 for the first year and, subject to the availability of funds and good performance, \$80,000 for the second year, \$60,000 for the third year and \$40,000 for the fourth and final year. Funds for years 2 - 4 are subject to availability and Council approval.
3. The Mayor concur with the action of the City Council.

A copy of this transmittal is being forwarded to the City Attorney for concurrent review.

The appendices and Public Hearing tapes are on file at the Community Development Department.



PARKER C. ANDERSON  
General Manager

PCA:GSC:TC

cc: City Attorney (w/attachments)

Attachments  
transvach



CITY HALL  
LOS ANGELES, CALIFORNIA 90012  
(213) 847.2489

OFFICE OF THE MAYOR

RICHARD J. RIORDAN  
MAYOR

January 25, 1996

Robert Farrell, Chair  
Volunteer Advisory Council on Hunger (VACH)  
c/o Community Development Department  
Planning Department  
215 W. 6th Street, 6th Floor  
Los Angeles, CA 90014

Dear Mr. Farrell:

Thank you very much for your diligent efforts to establish a hunger policy and for the opportunity to respond to your concept paper which addresses the establishment of a food security effort within the City of Los Angeles. I applaud the tremendous time, energy and thoughtfulness which have gone into the preparation of your draft policy. Such a thoughtful document deserves and requires a well-reasoned response. Of particular importance to me is that efforts to ensure food security must be:

- Linked with appropriate City Departments and their respective missions
- Financially Sustainable
- Structured such that it is able to be implemented effectively, with measurable results.

The draft plan proposes the adoption of a Los Angeles Food Security and Hunger Policy and the

establishment of the Los Angeles Food Security and Hunger Partnership (LAFSHP).

The issue of hunger is traditionally thought of in the context of the inability to afford quality and nutritious food. However, the proposed policy, takes a fresh look at the various factors that affect dietary choices and contribute to food insecurity. These many factors include, but are not limited to, income, price, education, cultural preferences and access (transportation & availability of grocery stores in neighborhoods).

The VACH has also identified many solutions to improving food security, including improved transportation services and the establishment of Farmers Markets and Community Gardens. I am especially interested in the linkage between accessibility to bus and shuttle services to food security.

AN EQUAL EMPLOYMENT OPPORTUNITY — AFFIRMATIVE ACTION EMPLOYER

Recycle and reuse from recycled waste

  
Richard J. Riordan

RJR: KD

cc: Parker Anderson, Community Development Department  
Elizabeth Riley, Vice Chair, VACH

AN EQUAL EMPLOYMENT OPPORTUNITY — AFFIRMATIVE ACTION EMPLOYER

Recycle and reuse from recycled waste



While I wholeheartedly support the establishment of a hunger policy, I believe that the proposed policy deserves thorough and substantial review by the entire city family. As such, I encourage you to work with the Community Development Department to submit your final report on Food Security. I expect to transmit the final report to the City Council for their review and approval.

I am confident that the VACH has successfully addressed many of the important issues that directly affect the accessibility of nutritious and affordable food. Again, I wish to thank you for your very important work and dedication to achieving food security for our citizens and look forward to working with you in establishing an effective city policy and structure.

Sincerely,



Richard J. Riordan

RJR: KD

cc: Parker Anderson, Community Development Department  
Elizabeth Riley, Vice Chair, VACH

# CITY OF LOS ANGELES

CALIFORNIA

PARKER C. ANDERSON  
GENERAL MANAGER



RICHARD J. RIORDAN  
MAYOR

APR 15 1996

COMMUNITY DEVELOPMENT  
DEPARTMENT  
215 W. 6TH STREET  
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Robert Farrell, Chair  
Volunteer Advisory Council on Hunger (VACH)  
c/o Community Development Department  
Planning Department  
215 W. Sixth Street, 6th Floor  
Los Angeles, CA 90014

## VOLUNTEER ADVISORY COUNCIL ON HUNGER (VACH) - PROPOSED HUNGER POLICY FOR THE CITY OF LOS ANGELES

The VACH was officially convened in October of 1994, and has from that time to the present met eighteen times. Within this period six public hearings were held at widely separated locations within the City to elicit and document hunger related information.

The mission of the VACH includes overseeing the development and promotion of a City policy on hunger, acting as a clearinghouse for hunger related information, and evaluating existing resources and progress towards solving hunger problems. The VACH is also to conduct yearly hearings on the status of hunger in the City and develop recommendations towards its eradication.

At this time the VACH has completed for review and consideration a draft Hunger Policy for the City which contains the following key elements:

- \* <sup>2</sup> The development of a mechanism for carrying out the Los Angeles Food Security and Hunger Policy. This mechanism will be the Los Angeles Food Security and Hunger Partnership (LAFSHP). (The partnership will be a joint venture among the public, independent and private sectors. It will be an advisory body to the City with an adjunct non-profit (501c(3)) organization and research arm. The advisory body will consist of 18 members, six each, appointed by the Mayor, City Council President and the Community Development Department (CDD). *From a local university*
- \* The development of recommendations to the Council, Mayor and City departments on policies and programs related to hunger and food security.
- \* The initiation of pilot projects based on empowerment and community economic development principles.

to be increased by 287% to meet existing needs in the Oakwood neighborhood.<sup>27</sup> Also, in Venice, Rhonda Meister from St. Joseph's Center noted that her food pantry program, due to overwhelming community need, has expanded from serving 500 families in March 1993 to 783 families in April 1995.<sup>28</sup>

Other testimony heard in the VACH hearings painted a more personal yet equally valid portrait of hunger in the City. Harbor Interfaith Shelter conducted a survey of low income persons in the San Pedro area. Their study found that 61% of persons interviewed ran out of money for food every or every other month, for an average of 8 days per month, even though the majority received food stamps. High rents and a low minimum wage were identified as fundamental causes of hunger.<sup>29</sup>

#### Survey Data

The *Seeds of Change: Strategies for Food Security for the Inner City* study conducted by UCLA Urban Planning researchers in 1993 documented the existence of hunger in one South Central neighborhood. A scientific telephone survey of 148 residents in an area northeast of USC revealed that 27% of households run out of money to buy food an average of five days per month. Considering that over 12% of residents in this area do not own phones, presumably because of lack of resources, these results directly indicate that hunger is a chronic problem for significant numbers of low-income Angelenos.

#### B. Adequacy of Resources and Structures

The *Seeds of Change* study appropriately characterized hunger as a chronic condition through which hundreds of thousands of Angelenos float in and out of, in rhythm with monthly paycheck cycles and cash flows. The persistence of hunger transcends a lack of personal responsibility. While the lack of an ethos of personal responsibility and hard work plagues modern society, the existence and depth of the hunger problem points in the direction of policy and structure. The federal government has never developed a coherent hunger policy, instead creating a non-coordinated patchwork of inadequately funded food assistance programs. Their goals have at times been counter to best nutrition practices. The use of high-fat surplus commodities in school lunch programs presents a clear example of the nature of food assistance programs as a downstream byproduct of agricultural policy.

Just as the federal government has never developed an integrated and adequately funded framework for addressing the hunger question, the private sector's efforts have focused on *emergency* aid: the distribution of provisions as a humanitarian stopgap measure. This hodgepodge of highly individualized efforts without education, referral, or social service functions that might help lift families out of

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<sup>27</sup> Timothy Crayton, Oakwood Wesley House, VACH Hearing March 30, 1995

<sup>28</sup> Rhonda Meister, St Joseph's Center, VACH Hearing March 30, 1995

<sup>29</sup> Nancy Berlin, Fair Share Campaign, VACH Hearing April 13, 1995

poverty is becoming institutionalized as an important source of food assistance. It is a woefully inadequately funded "system" with severe structural challenges, whose *raison d'être* remains the lack of a coherent public policy to provide the populace with food security.

Federal food assistance programs have succeeded in staving off massive epidemics of hunger in the U.S., but continue to be underfunded to meet the full needs of low-income Angelenos. Food stamp benefits are based upon the USDA's Thrifty Food Plan, a computer-generated model for an emergency diet. The TFP has been widely criticized as problematic, never having been proven nutritionally adequate on a long-term basis. It assumes an average of 3.5 hours of cooking time per day, does not take into account cultural factors in dietary choice, nor higher prices in inner cities. USDA data indicates that only 12% of those persons spending at or below the cost of the TFP eat diets with 100% of the Recommended Daily Allowance (RDA) of nutrients.<sup>30</sup> Current food stamp benefits provide approximately 70 cents per meal, as compared to the \$1.20 that nutritionists estimate is needed to prepare a nutritious meal.<sup>31</sup>

State and county run welfare programs such as General Relief and Aid to Families with Dependent Children (AFDC) also provide an important source of income to many Angelenos. These programs have been cut back drastically over the past five years, resulting in increased levels of hunger. General Relief for single indigent persons has dropped from \$313 to \$212 over the past three to four years. AFDC has been reduced by 13% since 1989, with benefits dropping from \$694 in 1990 to \$607 for 1995-96 for a family of three. In L.A. County, welfare and food stamp benefits combined would amount to only 73.4% of the poverty level for a family of three.<sup>32</sup> High housing costs in Los Angeles also reduce the availability of funds for food purchases. The Fair Market Rent (determined by HUD) for a three person family in L.A. County in 1994 was \$804, as compared to AFDC benefits of \$607. Given that families routinely spend more than 70% of their income on rent, little money is left over to supplement inadequate food stamps for food purchases.<sup>33</sup>

On top of the inadequacies of existing welfare and nutrition programs, existing Congressional proposals for federal nutrition programs would substantially increase hunger in Los Angeles and result in deeper recessions. As participation in federal food assistance programs is sensitive to economic cycles, block grants or capped entitlements are problematic due to their nature as fixed sums. A recession would signify increased need without increased funding. This could potentially leave thousands of Angelenos without jobs and on long waiting lists for food stamps.<sup>34</sup> Provisions to allow up to 20% of funds to be used by the state for other programs

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<sup>30</sup> Ashman, pp. 18-19

<sup>31</sup> Ashman, p. 19

<sup>32</sup> CFPA

<sup>33</sup> CFPA, p. 4

<sup>34</sup> Melinda Bird, Western Center on Law and Poverty, VACH Hearing March 30, 1995

would also diminish moneys available for food assistance. By the year 2005, 30% of benefits would be cut, resulting in an average allotment per meal of only 54 cents as compared to the 71 cents currently in place.<sup>35</sup> The removal of federal nutritional standards in the child nutrition programs could also contribute to higher rates of obesity among children. For the WIC program, the block grants would result in lower cutoff ages for child participants and possible changes in the composition of eligible foods toward less nutritious alternatives.

Not only would block grants result in a substantial rise in hunger among the poor in Los Angeles, they would negatively affect regional farmers, retailers as well as the economy at large. Cutbacks in school nutrition programs across the country would prove detrimental to California's enormous agricultural and dairy industry. In Los Angeles County in 1994, federal food assistance programs brought more than \$1 billion into the economy, supporting retailers, wholesalers, processors, and other related industries. With a multiplier effect of three, food assistance programs stimulated the L.A. County economy with a total value of over \$3 billion in 1994. The food stamp and other food assistance programs act as automatic stabilizers, moderating recessions by infusing more purchasing power into state and local economies when jobs are lost. The elimination of this stabilizing mechanism by converting food stamps from an entitlement program to a block grant is likely to make future recessions deeper and more protracted.<sup>36</sup>

#### Emergency Food Assistance

Critics of the federal role in food assistance contend that the private sector, such as churches, can "step up to the plate" and fill in for reduced government aid. This contention is problematic. As noted above, the emergency food system is overwhelmed with existing demand, while facing the prospect of diminished resources. The restructuring of the supermarket industry in Los Angeles has already reduced corporate donations to food banks. Sushma Rahman, executive director of the Emergency Food and Shelter Program, testified that many charitable programs receive federal funding, which if diminished would reduce their ability to meet even existing demand.<sup>37</sup>

Numerous emergency food system leaders testified that their organizations will not be able to "pick up the slack" left by cutbacks in food assistance programs.<sup>38</sup> The magnitude of assistance by the federal government and private organizations is exponentially different, with one operating in the billions and the other in the millions of dollars.<sup>39</sup> With reductions in federal commodities, industry waste, and

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<sup>35</sup> CFP, p. 7

<sup>36</sup> CFP, p. 6

<sup>37</sup> Sushma Rahman, EFSP, VACH Hearing April 13, 1995

<sup>38</sup> Bruce Rankin Westside Food Bank, VACH Hearing March 30, 1995; Vivian Rothstein, Ocean Park Community Center, VACH Hearing March 30, 1995; Doris Bloch, LA Regional FoodBank, VACH Hearing April 13, 1995

<sup>39</sup> Bruce Rankin, Westside Food Bank, VACH Hearing March 30, 1995

a public worn down by 15 years of hunger "emergencies," food banks are not a stable and sustainable source of food for the poor. Even if the emergency food system could meet increased demand, there still exists the larger question of whether it should become a permanent feature of the food system landscape.

The structure of the emergency food system discourages long-term solutions to the persistent problem of hunger. Originally designed as a humanistic measure to cutbacks in the federal safety net during the 1980s, it is a collective result of a grassroots movement to avert massive hunger and suffering. To borrow from a well-used proverb, it has given people fish rather than teaching them how to fish. The emergency food system has also inadvertently shaped public debate around hunger, diverting attention from policy-oriented solutions toward individualistic efforts.

### C. Other nutrition related problems

While hunger is often thought of in terms of insufficiency of calories, lack of resources to purchase food (as well as other factors such as access and education) affects dietary choices in multiple ways. Poor dietary choices (and hunger) have extensive health and social impacts. Many low income residents, as members of minority groups, are at higher risk of nutritionally related diseases. These impacts are especially salient among children.

Among low-income children in Los Angeles, anemia and obesity present severe health threats. The medical director of a clinic serving the largely immigrant population of Pico-Union testified that he found 20-25% of the children he examined to be anemic. Anemia, or low iron consumption, is often associated with an inability to concentrate, poor attention, poor development and school performance, and a lowered activity level.<sup>40</sup> Similarly, recent research has demonstrated the relationship between what children eat and what they learn in school. Undernutrition can retard physical growth as well as cognitive functioning. Low income children who participate in the school breakfast program have been shown to achieve better test scores and have lower rates of absence and tardiness than their counterparts who do not participate in the program.<sup>41</sup>

Among adults and children alike, obesity is a common and severe health threat. Paradoxically, a lack of resources can lead to a diet of inexpensive foods high in fat, resulting in obesity. Roughly one quarter of children examined at the aforementioned Pico-Union clinic were found to be obese.<sup>42</sup>

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<sup>40</sup> Dr. David Wood, Clinica para las Americas, VACH Hearing March 9, 1995

<sup>41</sup> Laura Sherman, Tufts University Center on Hunger Policy, VACH Hearing March 30, 1995

<sup>42</sup> Dr. David Wood, VACH Hearing March 9, 1995

Many diet related diseases affect minorities regardless of their socio-economic status. In adult Latinos and African-Americans, disproportionate rates of cancers, heart disease, diabetes, and hypertension are common. These diseases are linked to diets high in saturated fats and low in fiber and produce. <sup>43</sup> Below is a chart indicating the incidence of diet-related diseases among Latinos and African-Americans:<sup>44</sup>

TABLE 1: INCIDENCE OF DIET-RELATED DISEASES AMONG MINORITIES

DISEASE	AFRICAN-AMERICANS	LATINOS
Cancer	Higher than average for stomach	Excess incidence of cervix, gallbladder, stomach, pancreas, esophagus; Lower incidence of colon and breast
Childhood Anemia	20-33% prevalence	High prevalence of iron deficiency in children
Cirrhosis		Mexican American men at 40% higher risk than White men
Diabetes	Higher than average	3 times more common than among Whites More severe in nature
Heart Disease	Twice as common as among Whites	Higher prevalence than Whites
Hypertension	Death rate 10.2 times White death rate for males; 13.2 times for females	
Low Birth Weight	110% higher rate than Whites; 2.5 times higher rate for very low birth weight (< 1500 grams)	
Obesity	44% of women overweight	30% Mexican American men obese 39% Mexican American women obese

A number of societal and individual factors affect dietary consumption. These include income and price, education, cultural preferences, and access.

<sup>43</sup> Shiriki Kumanyika, "Diet and Chronic Disease for Minority Populations," J. Nutrition Education, 22(2).

<sup>44</sup> Ashman, p. 33

Inadequate diets are commonly assumed to be grounded in inadequate knowledge of nutrition. Research has linked increased prevalence of higher cardiovascular disease risk factors for Latinos to their lower levels of knowledge about such risk factors.<sup>45</sup> The lack of nutrition education targeted at Spanish-speakers may be one factor negatively affecting dietary choices among Latinos.

Income and price clearly affect food purchases and consumption. Limited resources often preclude purchase of more expensive nutritious foods in favor of cheaper less healthful foods. High prices in inner city supermarkets and "mom and pop" grocery stores (see next section) translate into reduced ability to purchase a wide variety of nutritionally adequate food.<sup>46</sup>

Lack of access to healthy foods, especially fruits and vegetables, can also present a barrier to a healthy diet. As seen in the next section, many inner city Angelenos must rely on small neighborhood grocery stores where the ingredients for a nutritionally adequate diet are rarely available. These "mom and pop" stores tend to carry many processed foods, with high sugar, salt and fat contents, and relatively little produce beyond a few items, often of poor quality.<sup>47</sup>

#### D. Retail Issues

Along with the issue of low income levels, the lack of adequate food retail stores presents one of the most fundamental causes of food insecurity for inner city Angelenos. Forced to rely on inadequate corner stores and pay high prices, inner city residents face structural challenges to obtaining a nutritionally adequate diet. Relatively low car ownership rates combined with bus lines not designed for food shopping aggravate access problems for inner city residents affected by the flight of neighborhood supermarkets.

Promises by the supermarket industry in the wake of the 1992 civil disturbances to rebuild in South Central and other affected communities highlight the degree to which these stores moved out of the inner city over the past 20 years. While the restructuring of the supermarket industry during the 1970s and 1980s resulted in a reduction of the number of stores regionwide, inner city communities, due to a lack of transportation options, were affected disproportionately.<sup>48</sup> The merger fever of the 1980s (as with Vons and Safeway and possibly with Ralph's and Yucaipa) accelerated pressures to close off marginally profitable operations in inner city locations.<sup>49</sup> Ralph's has closed 54 stores in Southern California since the merger

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<sup>45</sup> C.E. Basch et al, "Food Sources, Dietary Behavior, and the Saturated Fat Intake of Latino Children" *American Journal of Pediatric Health* 82(6)

<sup>46</sup> Ashman, p. 36

<sup>47</sup> *Ibid*, p. 35

<sup>48</sup> *Ibid*, Executive summary

<sup>49</sup> *Ibid*, p. 86

suburban and one inner city communities found that a basic market basket for a family of three would cost \$279 more per year when purchased in inner city supermarkets. More significantly, an identical market basket would cost a household of median income residing and shopping in the inner city 35% of their income as compared to 11-16% of a median income household residing and shopping in the suburban communities.<sup>57</sup> These figures are especially noteworthy given the aforementioned high costs of rent.

As a result of these issues, many inner city residents view the development of new supermarkets as their primary community development choice, according to needs assessments by Esperanza Community Housing Corporation, RLA, and UCLA. RLA's recent study indicated that 51% of people interviewed in areas affected by the 1992 civil disturbances ranked food stores as their number one choice for what they want in their community. The telephone survey conducted as part of Seeds of Change found that 80% of interviewees would like a new supermarket in their neighborhood.

New supermarkets in inner city Los Angeles have been promised by virtually all major chains. Economic analysis reveals that the primary rationale for this redevelopment is not good corporate citizenship, but saturation in the suburban markets. The inner city has become the "inner frontier" for capital expansion.<sup>58</sup> A recent article in the *Harvard Business Review* touts the growth potential of inner city markets, noting that in Los Angeles, the retail penetration of supermarkets per resident in the inner city as compared to the rest of the city is 35%.<sup>59</sup>

Perhaps one of the fundamental lessons of the 1992 riots with regards to the food system, is the need for food stores to increase the sense of community ownership or engagement. If new supermarkets are to thrive in the inner city, carefully cultivated relations between the community and the chain must be developed. Experience shows that costly problems such as cart loss, shrink, and security can be minimized through community input in the operation and participation in the ownership of the store.<sup>60</sup> Success stories about community-store partnerships are not infrequent. One of the best known is the joint venture between the non-profit New Communities Corporation and Pathmark in Newark, which has the highest sales per sq. ft. of any store in New Jersey.<sup>61</sup> Another less well-known example involves Fine's Market in Boyle Heights, whose customers, grateful for the store's pick-up and drop-off van service, prevented it from being looted during the 1992 civil

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<sup>57</sup> Ashman, p. 164. Lakewood and Montebello were chosen as the suburban communities due to their ethnic and income characteristics, while the inner city community was the Seeds of Change case study area, northeast of USC.

<sup>58</sup> Ashman, p. 83

<sup>59</sup> Michael Porter, "The Competitive Advantage of the Inner City," *Harvard Business Review*, May-June, 1995

<sup>60</sup> James O'Connor and Barbara Abell, "Successful Supermarkets in Low Income Inner Cities" Arlington, VA, 1992

<sup>61</sup> Interview with Lynne Mertz, New Communities Corporation; May 1995

because of their poor performance or anti-trust concerns.<sup>50</sup> In inner city L.A., the number of full service chain supermarkets declined 30%, from 44 in 1975 to 31 in 1991.<sup>51</sup>

Research by the UCLA Department of Urban Planning has developed the concept of and mapped "supermarket deficient areas" in LA County (See map 1) Defined by a combination of low rates of vehicle ownership and the absence of a supermarket within walking distance (defined as .5 miles), these areas can be said to be those where access to food is highly problematic (While many suburban residents do not live within walking distance to a supermarket, their high car ownership rates preclude access problems).<sup>52</sup> Almost one million persons in L.A. County live in supermarket deficient areas, with a large portion within city boundaries. In these areas, there is roughly one supermarket per 27,000 persons as compared to one per 16,000 in the County as a whole. Each of these markets serves 70% more people than the County average.<sup>53</sup>

Without access to a vehicle or a supermarket within walking distance, many residents of "supermarket deficient areas" rely on either expensive taxis which burden their already limited resources, or buses. Bus routes, however, are more often designed to feed commuters into downtown than around the food shopping needs of neighborhood residents. An analysis of supermarket location and bus routes in one L.A. neighborhood found that residents would have to transfer one or two times to reach a nearby supermarket (See map 2).<sup>54</sup> These difficulties result in shoppers unable to purchase large money saving sizes, or having to rely on neighborhood grocery stores for a greater percentage of their food purchases. A recent L.A. Times article detailed how one transit-dependent shopper, juggling two small children and multiple bags of groceries, was forced to leave behind a gallon of milk in order to purchase needed laundry detergent.<sup>55</sup>

### Prices

Even when inner city shoppers do avoid the limited selection and exorbitant prices of corner grocery stores and make it to the nearest supermarket, they are still faced with the inequitable situation of high prices. Numerous studies nationwide have demonstrated the prevalence of high prices in inner city supermarkets. The industry cites higher costs in transportation, land, labor, cart loss, theft, and security as factors in the price differential.<sup>56</sup> A thorough comparison of supermarket prices in two

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<sup>50</sup>George White, "Ralphs to Lay Off 1,000; Merger With Food 4 Less Parent Cited" LA Times March 3, 1996

<sup>51</sup>Ibid, p. 86

<sup>52</sup>Marc Dohan, "An Analysis of Supermarkets in Los Angeles County," Unpublished paper, UCLA, 1994. The cut-off level for low vehicle ownership is 80th percentile level, or 17.8% of households without access to a vehicle as determined by Summary File 3A of the 1990 US Census

<sup>53</sup>Dohan

<sup>54</sup>Ashman, p. 157

<sup>55</sup>Jane Gross, "Getting There the Hard Way, Every Day" LA Times July 16, 1995

<sup>56</sup>Ashman, p. 131

disturbances.<sup>62</sup> These examples point toward the need for innovative programs and community economic development oriented solutions to the city's access and hunger problems.

## E. Solutions

To the problems discussed above, the VACH has identified a series of solutions which if combined in a "basket of strategies" can significantly improve the food security of all Angelenos. There does not exist any one "magic bullet" solution. The synthesis of many different strategies is necessary to address the broad range of food insecurity parameters. This section will look at a series of programs ranging from supermarket development to farmers' markets, community gardens, transportation, and advocacy for federal food assistance programs.

### Retail

The first set of solutions addresses retail deficiencies. They are grounded in a greater community engagement in the food distribution system. The Local Initiative Support Corporation (LISC), has established an equity fund (The Retail Initiative - TRI) to assist community development corporations in building inner city supermarkets as joint ventures. The joint venture model is an important one, as it provides for the recirculation of local dollars into community based projects. Profits earned from joint ventures may return to the community in the form of child care centers, affordable housing, and transportation services. Through training and hiring local residents, allowing community input into the product mix and store operation, joint venture arrangements can increase a community's sense of ownership of a store, and enhance its success.<sup>63</sup> In Los Angeles, LISC officials are working with two CDCs to build joint ventures in South Central.<sup>64</sup>

While LISC will provide funding for the construction of full-size supermarkets, RLA has offered another plan to meet community retail needs. After completing community needs assessments and an inventory of available lands, RLA is laying the groundwork for the creation of a network of smaller 8,000 to 14,000 sq. ft. stores. The small size of these stores, as compared to the typical 40,000 sq. ft. supermarket, would allow for construction on the numerous small parcels available throughout the inner city. To ensure economies of scale and competitive prices, the stores would be linked through a cooperative buying arrangement.<sup>65</sup>

The Korean Youth and Community Center has developed a similar plan to RLA. It is collaborating with Korean-owned mom and pop stores to develop cooperative buying arrangements which could result in lower prices and a wider range of

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<sup>62</sup> Interview with Alan Fine, Fine's Market, May 1995, by Andy Fisher

<sup>63</sup> Ashman; Interview with Lynne Mertz, NCC, May 1995

<sup>64</sup> Ralph Lippman, LISC, VACH Hearing March 20, 1995

<sup>65</sup> Linda Griego, RLA, VACH Hearing March 30, 1995

product.<sup>66</sup> Common among their approaches is a core notion that these stores must be engaged with the communities in which they are located.

### Farmers' Markets

In communities where adequate retail outlets are scarce, certified farmers' markets play an important role in providing access to fresh, affordable produce. Farmers' markets provide benefits to growers, consumers, and communities alike. Growers receive prices substantially higher than wholesale (30% by one estimate), cash in hand, and reduced packing costs. Consumers on the other hand receive fresher produce, at lower or comparable prices than supermarkets in an open air festival style atmosphere.<sup>67</sup> Farmers' markets also serve as a community meeting place, where other services such as immunizations, mammographs, blood screenings, and seed giveaways have been provided. They lay the groundwork for inter-cultural communication through tasting new foods and swapping recipes.

### Community Gardens/Urban Agriculture

Through the process of converting an empty or blighted lot into a flourishing vegetable and flower patch, community gardening and urban agriculture projects provide multiple benefits to residents as well as possess great potential as a community development tool.<sup>68</sup> Not only do they provide a source of nutritious food for low income persons, - up to \$600 on an average 64 sq. ft. plot according to USDA estimates-, but they can also provide job training. By way of example, the Homeless Garden Project in Santa Cruz employs homeless persons as part of its 2.5 acre operation, providing them with the stability and nurturance to get off the streets.<sup>69</sup>

In park-scarce inner city L.A., community gardens are often utilized as parks, where celebrations such as birthday parties are held. Community gardens are the only public gathering space in many neighborhoods. They are safe places where parents can allow their children to run freely, and where recent immigrants can share their cultural knowledge through gardening. Through the medium of gardening clubs, community gardens play a powerful role in community development, as neighbors get to know each other and build a greater stake in their community. Gardens also enhance urban environments, transforming "concrete jungles" into real miniature jungles. Finally, community gardens (and school gardens in particular) play an effective nutrition education role. As one local elementary school teacher commented, "Kids will eat anything that they grow."<sup>70</sup>

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<sup>66</sup> Pat Wong, KYCC, VACH Hearing March 20, 1995

<sup>67</sup> A survey at farmers' markets conducted as part of Seeds of Change project found that 60% of consumers believed that prices at CFMs were lower than at supermarkets.

<sup>68</sup> Lamont Bristol, PACE, VACH Hearing April 27, 1995

<sup>69</sup> Interview with Lynne Basehore, Santa Cruz Homeless Garden Project, May 1995

<sup>70</sup> Interview with Nancy Beasley, Edison Elementary School Santa Monica August 1995

### Microenterprises

Community-based food production businesses possess great potential for job creation. The Hartford Food System's hydroponic greenhouse, built on a vacant lot donated by the City, employed four to five persons full time in growing lettuce for local supermarkets, restaurants, and other institutions.<sup>71</sup> In Los Angeles, Food from the Hood's salad dressing business, run by Crenshaw High School students, has garnered praise as a model economic development project, as well as netted inner city students hundreds of thousands of dollars for college scholarships.<sup>72</sup>

### Labor

Historically, the food retail industry has been an important source of family wage jobs for inner city residents. The growth of independent and warehouse format stores has led to a decline in union scale jobs with good benefit packages. The maintenance of well paying supermarket jobs is crucial as an economic development strategy for inner city communities.<sup>73</sup>

### Transportation

The final set of solutions lay within the field of transportation. In Austin, Texas, at the behest of the new Food Policy Council, a new bus route has been added to assist low income shoppers in accessing supermarkets.<sup>74</sup> A similar effort in Los Angeles through a re-evaluation of bus routes could facilitate food shopping. Research by the UCLA Department of Urban Planning to develop a model van service for supermarkets also holds great promise in increasing inner city residents' access to nearby supermarkets.<sup>75</sup>

### Advocacy for Public Benefits

As we have seen above, federal food assistance and welfare programs provide crucial income support functions, averting further food insecurity and hunger. Given high unemployment rates and low minimum wages, without the continuation of these programs in a substantial fashion, efforts to increase access through retail and farmers' market development can only provide half of the picture. Advocacy for public benefits targeted at the County, state, and federal government is an essential activity for ensuring the food security of all Angelenos.

### F. Policy Related Issues

The expansion of community-based approaches to address questions of hunger and food access necessitates the formulation among individual agencies and departments of comprehensive and coordinated food-related policies and programs. Already embedded within the policies and activities of many agencies are de facto

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<sup>71</sup> Ashman, p. 182

<sup>72</sup> Interview with Tammy Bird, Food from the Hood, May, 1995

<sup>73</sup> Andrea Zinder, Union of Food and Commercial Workers Local 770, VACH Hearing March 20, 1995

<sup>74</sup> Interview with Kate Fitzgerald, Sustainable Food Center, August 1995

<sup>75</sup> Linda O'Connor, UCLA Dept of Urban Planning, VACH Hearing April 27, 1995

food policies. Greater attention and coordination of these policies is needed to ensure food security for all residents of Los Angeles. By way of example, the Planning Department and Community-Redevelopment Agency (CRA) should play pivotal roles in improving access to affordable and nutritious food through such policies as granting parking lot size variances, facilitating public finance, and assisting in land assembly for new supermarkets in supermarket deficient areas in exchange for greater community ownership and participation in the operation of the stores. Similarly, the Community Development Department, through block granting mechanisms (CDBG) in conjunction with the Environmental Affairs Department should promote community-oriented programs and policies to address food insecurity and hunger, such as community gardens. Current CDD funding for community gardens should be substantially increased. The Metropolitan Transit Agency should re-examine its bus routes around the facilitation of intra-neighborhood food shopping.

Many of the testifiers at the VACH Hearings expressed the need for pro-active city policies around concrete components of the food system. Both Lamont Bristol and Debbie Fryman of L.A. Harvest cited the absence of a coordinated policy in the Department of Water and Power (DWP) as a major barrier to the development of community gardens.<sup>76</sup> Ms. Fryman recommended a "one-stop shopping" permitting process for community gardens, as is currently conducted in New York and Philadelphia. Similarly, Marion Kalb of Southland Farmers' Market Association argued that a centralized process for farmers' market permits would be more efficient and facilitate their development.<sup>77</sup>

Through exploring the wide reach of food and hunger issues, across departments (Health Services, Community Development, Planning, CRA, MTA, Environmental Affairs), jurisdictions (federal, state, county, and city), and disciplines (Planning, Public Health, Social Work, Agriculture, Public Policy, Business Administration), VACH research has demonstrated the need for a coordinated municipal approach to the long-term resolution of hunger. Such an approach can be undertaken only by a new body comprised of stakeholders from the various sectors of the food system and vested with an official advisory capacity to the City in policy and program development. This public private partnership, entitled the Los Angeles Food Security and Hunger Partnership, like similar entities existing in half dozen cities across the nation, will play an instrumental role in facilitating community efforts to reduce hunger and overseeing the development of municipal policies and their intersection with state and federal programs.

### Financial Sustainability

The Los Angeles Food Security and Hunger Partnership should be financially sustainable, and not exclusively dependent upon funding from the City. The City should provide initial seed funding for the start-up phase of the Partnership. The

<sup>76</sup> Lamont Bristol, PACE; Debbie Fryman, LA Harvest, VACH Hearing April 27, 1995

<sup>77</sup> Marion Kalb, Southland Farmers' Market Association, VACH Hearing April 27, 1995

Partnership should establish a viable on-going funding base from its stakeholders drawing on a broad-base of sponsors in the private, independent, and public sectors. As its purview crosses many fields, its sponsors will come from a number of different arenas including social services, community development, environment, health, economic development.

#### **Measurable Results**

In its first twelve months, the LA Food Security and Hunger Partnership (LAFSHP) should achieve the following:

- Assist in the identification and selection of LAFSHP stakeholders;
- Develop criteria for and publish an annual hunger index;
- Hold six meetings of the LAFSHP;
- Research and publish a State of Food Security in Los Angeles Report;
- Raise adequate funding to ensure the continuation of the LAFSHP;
- Identify demonstration projects.

### C. Structure

The LAFSHP will be an advisory body to the City. An adjunct non-profit (501c(3)) organization will be established, with the 18 stakeholders (designated in Section D) serving as its Board of Directors. The purpose of the non-profit organization will be to help provide funding to the Partnership for staffing and the carrying out of its mission. Until funding is available to ensure the smooth and full operation of the Partnership, transitional staffing could be provided through existing organizations such as Southern California Interfaith Hunger Coalition and the Pollution Prevention Education and Research Center of UCLA. The Partnership will establish an adjunct Research Arm through a joint USC/UCLA partnership, encouraging participation from faculty, staff, and students in a wide variety of disciplines from the region's community colleges, colleges, and universities.

### D. Composition

The LAFSHP will be composed of 18 partners, 6 appointed by the Mayor, 6 appointed by the President of City Council (with input from the Community and Economic Development Committee chair), and 6 by the Community Development Department. The Volunteer Advisory Council on Hunger will be available to the appointing parties as an advisor in the appointment process. The chair will be elected by the partners annually. The partners will serve staggered two and three year terms, and will represent the stakeholder positions in the food system.

The 18 members of the Partnership will consist of the following stakeholders:

- One representative from the private food retail industry;
- One small grocery store owner or representative from an organization working with small grocery stores;
- Two representatives from the religious community knowledgeable in food/hunger issues, and reflecting the religious diversity of Los Angeles;
- Two appointments at large;
- Two representative from an organization working on economic and community development in low-income neighborhoods;
- One representative from a community gardening organization;
- One representative from labor involved in food retailing or processing;
- One representative from an anti-hunger organization;
- One representative from a farmers' market association;
- One representative from a food bank or other emergency food system provider;
- One representative from a nutrition-based organization;
- One representative from the academic community;
- Three LA City residents who represent clients of agencies that participate in the anti-hunger and food security system

The following agencies may appoint one *ex-officio* non-voting member:

It is the policy of the City of Los Angeles to promote neighborhood based food production, processing, and marketing which stimulate living wage job creation in its development and community plans.

**Empowerment**

It is the policy of the City of Los Angeles to promote empowerment-oriented solutions to the problems of hunger and food insecurity.

**Urban Agriculture and Community Gardening**

It is the policy of the City of Los Angeles to facilitate the development and operation of community gardens and community-based agriculture projects within city limits.

**Farmers' Markets**

It is the policy of the City of Los Angeles to facilitate the development and operation of certified farmers' markets, especially in those areas with deficient food access.

**Nutrition**

It is the policy of the City of Los Angeles to support public, independent, and private efforts to promote healthy food choices.

**Transportation**

It is the policy of the City of Los Angeles that food shopping shall be taken into account when planning public transportation programs and resources, especially in highly transit dependent communities.

**Cooperation**

It is the policy of the City of Los Angeles to work cooperatively with its residents, local farmers, community organizations, private food industry, labor, and all levels of government to improve the food security of all residents.

**Emergency Planning**

The City shall promote policies which encourage the self-reliance of residents with respect to food production and processing as a form of emergency food planning.

**Lobbying and Advocacy**

The goals and objectives of the Partnership and projects it sponsors or supports should be incorporated into the intergovernmental policies of the City of Los Angeles.

**Environmental**

As a result of its various food-related policies and programs, the City shall strive to ensure that the environment is not degraded nor its citizens exposed to environmental hazards in the production of local foods.

US Department of Health and Human Services  
USDA/FCS

**Appendix B: Proposed Budget:  
Los Angeles Food Security and Hunger Partnership**

**Personnel:**

Executive Director	\$60,000
Support Staff	\$35,000
Benefits @ 21%	\$19,950
Contract Services	\$20,000
Subtotal	\$134,950

**Administration:**

Equipment*	\$8,000
Rent* (\$700/mo)	\$8,400
Utilities*	\$1,500
Insurance*	\$1,000
Subtotal	\$18,400

**Program:**

Conferences	\$5,000
Demonstration Projects Seed Funds	\$15,000
Postage*	\$6,000
Printing*	\$15,000
Telephone	\$3,000
Travel/Mileage	\$5,000
Subtotal	\$49,000

<b>Total:</b>	<b>\$202,350</b>
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\* Possible in-kind from City of Los Angeles

APR 15 1996

Robert Farrell

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- \* The development and submission of an annual Food Security and Hunger Report for the City.
- \* The development of a set of food security and hunger indicators.
- \* The on-going collection and review of data related to the nutritional needs of City residents.

The Community Development Department supports the basic VACH developed hunger policy concept and objectives, as overviewed in this document. We further indicate, subject to Council/Mayor approval, that funds be provided toward these objectives in decreasing amounts over a four (4) year period as follows:

First year	\$100,000
Second year	80,000
Third year	60,000
Fourth year	40,000

These funds will function as "seed money" for the first formative years of LAFSHP operation. We expect that within this period, the LAFSHP will become self-sustaining and will have normalized all basic partnership systems.

The CDD will provide technical assistance to the LAFSH during its developmental period.

In conclusion, throughout its seventeen months of existence, the VACH has put forward considerable energy, applied excellent skills and shown high resolve toward helping this City help its hungry. These actions warrant high commendation and a hearty and sincere thank you on behalf of this Department.



PARKER C. ANDERSON  
General Manager

cc: Gloria Clark

vacbbob

FEB 28 '96 10:05AM FERRARO

P.2



CITY COUNCIL OF THE CITY OF LOS ANGELES  
OFFICE OF THE PRESIDENT

JOHN FERRARO  
COUNCILMAN 4TH DISTRICT

M-30, CITY HALL  
LOS ANGELES, CA 90012  
(213) 488-3337  
FAX (213) 824-7810

February 16, 1996

Mr. Robert Farrell, Chair  
Ms. Elizabeth Riley, Vice Chair  
Volunteer Advisory Council on Hunger  
c/o Community Development Department  
214 West Sixth Street, 6th Floor  
Los Angeles, CA 90014

Dear Mr. Farrell & Ms. Riley:

Thank you both for your tireless efforts in working for the establishment of a Los Angeles City Hunger and Food Security policy and the creation of a structure for a public-private partnership to serve as an advisory body to the City and to work to provide food security and combat hunger.

The leadership of the VACH are to be commended on their vision and the careful research and thought that they invested in the development of the draft policy and plan. It seems wise to anticipate the incorporation of pilot programs in the initial efforts of the LAFSHP, targeting various communities in the City. Such a "learn by doing" approach may well provide the best guide for a final composition and structure that would prove most effective and efficient for the LAFSHP in meeting its goals.

I appreciate your letting me know of your progress. Please continue to keep me informed as your proposal is reviewed by the appropriate City departments and committees.

Sincerely,

A handwritten signature in cursive script that reads "John Ferraro".

JOHN FERRARO  
Councilman, 4th District

JF:gjp

**Hunger and Food Insecurity in Los Angeles:  
Findings of the Volunteer Advisory Council on Hunger**

**Final Report**

**April, 1996**

Prepared by:

Volunteer Advisory Council on Hunger  
c/o Community Development Department  
215 West Sixth Street 6th floor  
Los Angeles, CA 90014  
Andrew Fisher, Interfaith Hunger Coalition, consultant

## I. INTRODUCTION

### A. What is the VACH?

On Thanksgiving eve, 1986 Councilmembers Richard Alatorre and Robert Farrell introduced a motion in response to a community based initiative by Campaign for Life which has led the effort for more than nine years to secure the adoption of a Los Angeles City Food Security and Hunger Policy.

The Volunteer Advisory Council on Hunger (VACH) was established by an act of City Council on August 4, 1989 at the recommendation of the Chairman of the Grants, Housing, and Community Development Committee. Ex-Councilman Robert Farrell and Steve Saltzman, of the Campaign for Life played instrumental roles in the VACH's creation. The action created a nine member council, appointed by the Mayor, the Community Development Department (CDD), and the President of City Council. Its responsibilities include the development, promotion, and coordination of a City Policy on Hunger; establishment of a clearinghouse for information; evaluation of existing resources and progress in solving hunger problems in the City; development of recommendations toward the eradication of hunger; and holding yearly hearings on the state of hunger in the City.

After the appointment of its nine members, the first meeting of the VACH took place in October, 1994, with consulting services provided by Cheryl Cromwell and Associates and Southern California Interfaith Hunger Coalition. CDD's Human Services and Neighborhood Development Division personnel have staffed the process. Since then, the VACH has held meetings on roughly a monthly basis. Its activities have centered around sponsoring six hearings held in the different Community Improvement Planning Areas during March and April, 1995, and the formulation of a hunger and food security policy.

The VACH is composed of nine members. They are:

- Bishop Charles Blake, West Angeles Church of God in Christ
- Blanca Cintron Scot, City of Hope
- Robert Farrell
- Irene Gomez
- Robert Gottlieb, UCLA Department of Urban Planning
- David Kessler
- Elizabeth Riley, Interfaith Hunger Coalition
- Berta Saavedra, Los Angeles Alliance for a Drug-Free Community
- Steven Saltzman, Campaign for Life

## B. Hunger/Problem Statement

Hunger incites mental images of babies with swollen bellies and severe nutritional deficiencies. Yet hunger in the context of the United States in the 1990s, is a different phenomenon. While in the Third World, hunger is typically measured in terms of height and weight, in the United States, with the absence of severe conditions, hunger is largely a subjective phenomenon. This subjectivity renders it exceedingly difficult to measure from a traditional scientific perspective. This difficulty has led to a scarcity of data on the prevalence of hunger (now changing with Community Childhood Hunger Identification Project studies) which in turn can be seen as one of the causes of the lack of a federal hunger policy.<sup>1</sup>

This is one of the primary reasons why this report recommends that the City adopt the concept of food security as its framework of analysis. As a goal, food security has been defined as "all people obtaining a culturally acceptable, nutritionally adequate diet through local non-emergency channels at all times."<sup>2</sup> Measuring hunger in terms of food security has the marked advantage of being able to identify the necessary conditions for its prevention. Whereas hunger measures unfulfilled individual needs, food security is prevention-oriented, evaluating the access to resources-- both community and individual -- including income, means of transportation, storage and cooking facilities, food prices, food safety and other environmental hazards, questions of ownership, and production and processing methods-- to provide an individual with adequate acceptable food.<sup>3</sup>

The Community Food Security Empowerment Act, the product of a broad-based coalition effort around the 1995 Farm Bill, explains further:

"A food security analysis embraces a systemic view of the causes of hunger and poor nutrition within a community while identifying the changes necessary to prevent their occurrence. As an effective tool for evaluating and addressing food and agriculture policy, it emphasizes the need to build and coordinate community institutions to ensure access and availability to an acceptable and adequate diet for its residents. It should be seen as a form of community development and empowerment which complements and extends the traditional approach of addressing food and hunger issues at the individual level."<sup>4</sup>

### National Issues

Food security and hunger are not issues unique to Los Angeles. Over the past 15 years, numerous studies to identify the extent of hunger have been conducted nationwide. In California, some of the most recent examples have been by the San

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<sup>1</sup> Linda Ashman, et. al. Seeds of Change: Strategies for Food Security for the Inner City, UCLA, 1993 p. 9

<sup>2</sup> Community Food Security Coalition, "Community Food Security Empowerment Act," January, 1995

<sup>3</sup> Ashman, p. 9; CFSEA

<sup>4</sup> CFSEA, p. 1

Francisco Food Bank, the Alameda County Community Food Bank, and the California Policy Seminar. The Washington-based Food Research and Action Center has coordinated a series of scientific studies (Community Childhood Hunger Identification Project or CCHIP) of childhood hunger throughout the United States. A California CCHIP study revealed that 700,000 children under the age of 12 go hungry in California.<sup>5</sup>

Similarly, studies focusing on food access and price have been conducted in numerous locales. In the past year, the Sustainable Food Center of Austin, Texas and San Francisco's California Food Policy Advocates have conducted in-depth studies of their low-income communities' food access situation.<sup>6</sup> University of Connecticut researchers, recently released "The Urban Grocery Store Gap" a definitive study on the absence of supermarkets in 21 inner cities in conjunction with Public Voice for Food and Health Policy, a national research and advocacy organization. Public Voice also released in February, 1996 its own policy paper on urban supermarkets, calling for greater federal involvement in inner city retail development.<sup>7</sup> All of these studies indicate that the issues found in Los Angeles - high rates of hunger, poor access to supermarkets, high prices in the inner city, and lack of transportation options - are common to most metropolitan areas in the country.

Despite these similarities with cities across the country, hunger and food security in Los Angeles possess a unique situation. The multi-cultural character of Los Angeles with its large immigrant population presents challenges with regards to language, cultural acceptance of foods, and ability to receive public benefits. On the other hand, this same cultural richness presents opportunities for small farmers and community-based businesses to serve niche markets for culture-specific food processing and production enterprises, as well as a virtually unparalleled forum for cultural exchange.<sup>8</sup> Likewise, L.A.'s geography can present both opportunities and barriers to food security. The low-density of the city aggravates access problems for auto-less residents. On the other hand, the mild climate and proximity of year-round agriculture create substantial potential for strategies such as farmers' markets and community gardens.

### Anti-Hunger Resources

At many levels of government, there exist a number of programs and resources aimed at hunger relief and income support. The structure and resources dedicated to

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<sup>5</sup> Food Research and Action Center, "Hunger and At-Risk Estimates by State" July, 1995

<sup>6</sup> Sustainable Food Center, "Access Denied" Austin, Texas, 1995; California Food Policy Advocates, "Improving Access to Food in Low Income Communities," San Francisco, 1995

<sup>7</sup> Ronald Cotterill, Andrew Franklin. "The Urban Grocery Store Gap" Food Marketing Policy Center, University of Connecticut, 1995; Public Voice for Food and Health Policy "No Place to Shop: Challenges and Opportunities Facing the Development of Supermarkets in Urban America", Washington, DC, 1996. This report's author, Andrew Fisher was a member of Public Voice's Inner City Food Access Task Force.

<sup>8</sup> The growers of Asian vegetables at local farmers' markets and the now defunct Homeboy Tortillas are two examples of small businesses that can serve culture-oriented markets.

these programs, which play a crucial role as a safety net for millions of low-income Americans, are inadequate. Many of the fourteen food assistance programs operated by the federal government were originally conceived of, or are in effect agricultural support rather than food security programs, diminishing their effectiveness. With a lack of integration and a limited purview, the effectiveness of these programs is often limited. By way of example, the lack of coherence between the four child nutrition programs results in many low-income children going hungry, as many schools are unwilling to burden themselves with additional paperwork to establish summer food or school breakfast programs.<sup>9</sup> Similarly, USDA has not considered until recently the negative effect of high store prices and limited access on the purchasing power of food stamps.<sup>10</sup>

A brief description of the federal food assistance program follows:

- **Food Stamp Program.** The primary entitlement program operated by USDA. It provides more than 26 million people with vouchers redeemable for food. Maximum benefits for a family of three is \$313.
- **Women, Infants, and Children.** WIC provides pregnant women, nursing mothers, and children with nutrition education and vouchers redeemable for high protein and high iron foods such as beans, peanut butter, orange juice, milk, eggs, and cheese. It has been deemed to save over three dollars in health care costs for every dollar spent. WIC served 7 million persons last year.
- **Child Nutrition Programs.** These include School Lunch, School Breakfast, Special Milk, Summer Food, and Child and Adult Care Feeding Programs. School meals programs have been shown to be effective as educational support programs, improving test scores, and reducing tardiness and absence. In 1995, 24 million children participated in the School Lunch Program.
- **Temporary Emergency Food Assistance Program.** TEFAP provides agricultural commodities to the emergency food system. Originally designed as an agricultural support program to reduce the level of government held surplus dairy products, funding for TEFAP has been frozen or reduced in recent budgets. TEFAP serves 1.6 million persons per month in California, and had a national budget of \$80 million in 1995.
- **Commodity Supplemental Food Program.** CSFP provides supplemental commodities to pregnant women. It operates on a limited basis in California. Its budget in 1995 was \$84 million, serving 363,000 persons monthly.

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<sup>9</sup> Ashman, p. 16

<sup>10</sup> USDA held its first Conference on Access to Food on September 17-18, 1995. Andrew Fisher of the VACH presented on food security in Los Angeles.

- **WIC Farmers' Market Nutrition Program.** The FMNP provides vouchers to WIC clients redeemable for fresh produce at farmers' markets. It has been widely praised as an innovative nutrition education and economic development program. Its budget was \$6.75 million for 1995.
- **Seniors Programs.** Home Delivered and Congregate Meals Programs, authorized by the Older Americans Act of 1965, provides meals for the elderly. These programs are also administered by DHHS. These programs were funded at \$150 million in 1995, and served 20 million meals per month across the nation.

Not considered federal food assistance programs, but providing important support to low income persons are the:

- **Emergency Food and Shelter Program.** EFSP, operated by the Federal Emergency Management Administration, distributes funding to local food and shelter providers. In 1993, its budget was \$129 million, \$55 million of which provided 16 million meals in soup kitchens and 57 million meals for home consumption.
- **Community Food and Nutrition Program.** The CFNP, operated by the Department of Health and Human Services (DHHS), provides funding to grassroots groups to conduct hunger and nutrition advocacy. Funding for 1995 was \$6 million.

### California and Los Angeles

At the state level, California operates two of the principal welfare programs: Aid to Families with Dependent Children (AFDC) and Supplemental Social Income (SSI). Mandated and paid for in part by the federal government, AFDC provides low-income parents (primarily women) and children with cash grants (a family of three currently receives \$607 per month). At the heart of the debate on welfare reform, AFDC has been the target of cutbacks by the Wilson Administration. AFDC grant levels are key to the food security of 678,000 Los Angeles County residents (as of 1993).<sup>11</sup>

Los Angeles County operates the other principal welfare program: General Relief (GR). GR provides single indigent adults (largely men) with minimal subsistence grants. In 1996, GR grants of \$212 per month, or \$12 more than the price of a Skid Row hotel room, were awarded to 86,000 persons countywide.<sup>12</sup> Benefit levels were recently reduced from \$285 to alleviate the County's fiscal crisis, with the possibility of further reductions looming on the horizon. These cutbacks will undeniably result in further hunger and homelessness.

<sup>11</sup> Los Angeles Commission for Public Social Services, "Federal Welfare Reform Proposals" August, 1995

<sup>12</sup> California Department of Social Services Information Services Bureau, "Public Welfare in California," February, 1995; Interview with Frank Tamborello, Interfaith Hunger Coalition, August, 1995

### Emergency Programs

For the hungry, food pantries and soup kitchens are often the place of last resort. Providing a meal or a bag of groceries, whose size and contents vary widely depending upon donations and funding, food pantries play a crucial role plugging the holes in the safety net for hundreds of thousands of people in Los Angeles. L.A. Regional Foodbank, the largest food bank in the region, serves 755 agencies, which in turn help feed 300,000 persons per week throughout the County.<sup>13</sup> Despite these massive efforts, food pantries routinely report that they can not meet the needs of their communities. Instead, they are forced to turn people away, or reduce the contents or the frequency of the package given away.<sup>14</sup>

## II. VACH HEARINGS

As part of the policy-making process, the Volunteer Advisory Council on Hunger held six hearings in the different Community Improvement Planning Areas of the City. The hearings were held during on weekdays at 10:00 am-1:00 pm. The hearings were held in locations utilized for previous Community Development Department hearings. The hearings consisted of three parts: testimony from a series of invited speakers around a common theme, each of which typically spoke for approximately 10 minutes in length, a question and answer period, and an open public comment period.

Interfaith Hunger Coalition coordinated the hearings, and developed the themes for the hearings in conjunction with the VACH. They included: Children and the Elderly, Retail Issues, Federal Food Assistance Programs and Poverty, The Emergency Food System and the Homeless, Nutrition Education and Nutritional Needs, and Community Gardens, Farmers' Markets, and Other Community-Based Strategies. The schedule for the hearings was as follows:

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<sup>13</sup> Interview with Lori Bernstein, LA Regional FoodBank, August, 1995

<sup>14</sup> Interview with Bruce Rankin, Westside Food Bank, August, 1995

- March 9, 1995. City Council Chambers, City Hall.  
Focus: Children and the Elderly.
- March 20, 1995. Kedren Mental Health Center, South Central.  
Focus: Retail Issues.
- March 30, 1995. Oakwood Recreation Center, Venice.  
Focus: Federal Food Assistance Programs and Poverty.
- April 7, 1995. World Port Building, San Pedro.  
Focus: Emergency Food System and the Homeless.
- April 20, 1995. Hollenbeck Recreation Center, Boyle Heights.  
Focus: Nutrition Education and Nutritional Needs.
- April 30, 1995. North Hollywood Recreation Center, North Hollywood.  
Focus: Community Gardens, Farmers' Markets, and Community-Based Strategies

Flyers announcing the hearings were sent to thousands of individuals and organizations across the City, and announcements were posted in local newspapers. Forty three persons from a wide range of organizations and occupations testified, apart from a significant number of individuals who spoke during the open public comment periods. These speakers included important political figures, such as Mayor Riordan, Representative Xavier Becerra, and Councilmember Mike Hernandez.

The breadth and depth of testimony presented two distinct but interconnected portraits of hunger in Los Angeles. First, an unprecedented amount of data and personal experiences indicated the severity and spread of hunger among Angelenos. Second, the breadth of testimony sketched a non-traditional picture of hunger and its causes, intimately related with core city and county policy and planning functions. This powerful combination has opened a pivotal moment in the history of the anti-hunger movement in L.A., and may also create an opening for a new policy direction for Los Angeles municipal government.

The historical context in which this set of hearings took place clearly influenced the concerns and activities of the testifiers. Coming three years after the civil disturbances of 1992 and one year after the Northridge earthquake, we find a number of presenters conducting community development activities defined by those seminal events. Similarly, Congressional "welfare reform" legislation and its potential effects on hunger in L.A. occupied the minds of many testifiers. In that sense, these hearings have significance in both national and local policy forums.

A number of general conclusions can be drawn from the hearings. Specific conclusions are embedded within the findings section. Six themes emerged from the hearings: the scope of hunger in Los Angeles; the social costs of hunger and poor nutrition; concern about federal food assistance cutbacks and the inability of the emergency food system to respond adequately; access and price issues; the need for broad based long-term solutions for hunger; and the need for the City to develop an active role in food policy formation.

### III. FINDINGS

#### A. Extent of hunger/food insecurity

The most dramatic finding of the VACH has been the stubborn persistence of hunger among residents of Los Angeles. Over the past 10-15 years, the rise of hunger across the United States has been well documented.<sup>15</sup> Los Angeles is no exception to this trend. In fact, macroeconomic conditions such as high unemployment rates, a deep recession, the restructuring of the economy toward low paying service sector jobs, combined with cutbacks in state welfare benefits have aggravated poverty and hunger in Los Angeles.<sup>16</sup>

The lack of personal resources to purchase adequate food is perhaps the clearest cause of hunger. High unemployment and low minimum wage rates,-- where working a full time job can still qualify a family of three for food stamps--, have combined with a dearth of affordable housing to reduce available income for food for many low-income families.<sup>17</sup> Food is one of the most elastic items in a low-income family's budget. After paying rent, utilities, and other bills, whatever money is left over may be spent on food.

Poverty and hunger are correlated by definition: the federal poverty level is determined by multiplying the cost of a hypothetical minimum food budget (the Thrifty Food Plan) by three. In the City of Los Angeles, 19% of the population, or 684,727 persons live in poverty, and are considered to be "at-risk of hunger." The poverty rate is highest for persons of Latino origin, (28.2%), followed by African-

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<sup>15</sup> Ashman, p. 14

<sup>16</sup> As noted previously, hunger in the context of an industrialized nation is difficult to measure without conducting in-depth interviews or clinical studies. A number of proxies are often used in their stead. These include poverty rates, the use of federal food assistance programs and recurrence to emergency food sources. Anecdotes and personal experiences also complement and lend a human face to the numerical evidence.

<sup>17</sup> The United States Conference of Mayors, "A Status Report on Hunger and Homelessness in America's Cities 1993-- a 26 City Survey" Washington, DC, December 1993. High housing costs are considered to be a primary cause of hunger.

Americans (25.3%), Asians (14.8%), and Whites (13.1%).<sup>18</sup> Poverty is highest in Southeast Los Angeles.<sup>19</sup>

### Food Assistance Programs

With eligibility set at low income levels, participation in federal food assistance programs represents another measurement of need. 1.1 million persons in Los Angeles County receive food stamps.<sup>20</sup> The receipt of food stamps does not guarantee freedom from hunger, however. With benefit levels set at 70 cents per meal as compared to \$1.20 needed for a nutritionally adequate diet, food stamp benefits are insufficient.<sup>21</sup> With regards to other food assistance programs, in L.A. County, roughly 200,000 pregnant women, nursing mothers, and infants receive WIC (Women, Infants, and Children) coupons, while the City's Senior Nutrition Program feeds 9,000 meals weekly to low income elderly, and has a 1,000 person waiting list.<sup>22</sup> Figures available for Los Angeles County indicate that 587,965 children received free school lunches, and free commodities (TEFAP) were distributed to 535,769 needy individuals through the emergency food system.<sup>23</sup>

### Emergency Food System Usage

Use of the emergency food system (or resorting to food pantries and soup kitchens in times of need), is one of the most straightforward signs of food insecurity and hunger. Food pantries are often the place of last resort for the hungry. With the rise of poverty and hunger, the charitable food sector dramatically expanded throughout the 1980s and 1990s due to increased demand.

In the dozen years between 1982 and 1994, L.A. Regional Food Bank increased its distribution eleven-fold from 3 million lbs. to 33 million lbs.<sup>24</sup> The number of food pantries in the Los Angeles area has multiplied exponentially during the past decade: an estimated 100 pantries in the Los Angeles area existed in 1982 as compared to the 755 that L.A. Regional Foodbank alone serves in 1995.<sup>25</sup>

Despite these impressive mobilizations by the charitable food distribution sector, their efforts continue to be insufficient to meet community needs. City-wide, pantries consistently turn away numerous clients due to insufficient resources. One expert estimates that pantries turn away up to 25% of clients.<sup>26</sup> Timothy Crayton, of Oakwood Wesley House in Venice, estimates that free food distribution would have

<sup>18</sup>US Bureau of the Census Summary File 3A, 1990

<sup>19</sup>City of Los Angeles Department of Planning Research Section

<sup>20</sup> Frank Tamborello, Interfaith Hunger Coalition, VACH Hearing March 9, 1995

<sup>21</sup> Ashman, p. 19

<sup>22</sup> Eloise Jenks, Public Health Foundation, Sharon Yancey, City Dept. of Aging, VACH Hearing March 9, 1995

<sup>23</sup> California Food Policy Advocates, "Shifting the Burden: the Impact of Congressional Proposals on Los Angeles County's Food and Nutrition Security," June 1995, p. 5

<sup>24</sup> LA Regional FoodBank Distribution Figures, 1995

<sup>25</sup> Ashman, p. 26; Doris Bloch, LA Regional Food Bank, VACH Hearing April 13, 1995

<sup>26</sup> Ashman, p. 26

INTERFAITH  
**HUNGER**  
COALITION

2449 Hyperion Avenue  
Suite 100  
Los Angeles, CA 90027

# Y.A.H.C.

## Youth Anti-Hunger Club

PHOTOCOPY  
PRESERVATION

PHOTOCOPY  
PRESERVATION

**STARTUP INFORMATION PACK**

PHOTOCOPY  
PRESERVATION

SAVE THE DATE

Thursday April 6, 1995  
for the **Youth Anti Hunger Conference**

•  
Network With Other Youth Anti-Hunger Clubs all over Los Angeles!  
Stay tuned for more details from The Interfaith Hunger Coalition.



L O S A N G E L E S  
**HUNGER**  
ANTI  
NUTRITION & EMPOWERMENT PROGRAM

2449 Hyperion Avenue  
Suite 100  
Los Angeles, CA 90027

Phone: (213) 913-7333  
Fax: (213) 664-1725  
Publications: (213) 664-1692

February 13, 1995

President Clinton  
Office of Scheduling and Advance  
The White House  
1600 Pennsylvania Ave. NW  
OEOB Room 185 1/2  
Washington D.C. 20500  
Fax: (202) 456-2461

Mr. President:

My name is Rick Lupert and I am a team leader for one of the five U.S.D.A. Anti-hunger AmeriCorps projects. Our project is part of the Southern California Interfaith Hunger Coalition. My team of seven AmeriCorps members and myself have been very busy since the launch on September 12th working on a number of different Anti-Hunger projects in Los Angeles.

We have been working in school gardens at various schools in Los Angeles, attempting to educate students about healthier and low cost eating alternatives, and create a sense of ownership and pride amongst the school communities about their gardens. We have also established a network of Youth Anti-Hunger Clubs at high schools in the greater Los Angeles area seeking to capitalize on the energy and creativity of high school aged people in the fight against hunger in our community.

Our next big project is the reason why I am contacting you. We are planning a large scale Youth Anti-Hunger Conference for April 6, 1995. We will hold this event at the Scottish Rite Temple facility at 4357 Wilshire Boulevard in Los Angeles. At this conference we will offer 2,000 high school students the opportunity to participate in a series of workshops and activities all geared towards empowering them to feel that they can and must be involved in the fight to end hunger in our local, national and world community. In addition, many community anti-hunger related organizations will be setting up information booths which the participants will be able to explore, and learn about community and national service opportunities available to them. We will be offering an AmeriCorps workshop as well in which participants will be able to learn about the program for their potential future involvement. We are not charging any fee for participation in the conference as we wish to make it as accessible as possible to the high school students we are inviting. With this in mind, we are also providing lunch at no charge. The Southern California Interfaith Hunger Coalition will absorb these costs through our own expense and through private donations.

As AmeriCorps is an important program to you, and one of your greatest achievements, I would like to invite you to speak at our conference. We have time available at the beginning and end of the conference, and are willing to re-arrange the days schedule to best fit your needs.



An appearance and talk by you to the 2,000 high school students at the conference will be inspirational and show your support for the fight against hunger, as well as be an important and high profile AmeriCorps event. As the national service program is a somewhat controversial issue these days and its future is uncertain, this event could provide the proof that the AmeriCorps program is worthwhile and truly getting things done.

Please don't hesitate to call me if you need any more information about the Youth Anti-Hunger Conference. I look forward to a reply and hope you will be able to attend.

Sincerely,

A handwritten signature in black ink, appearing to read "Rick Lupert", with a long horizontal line extending to the right.

Rick Lupert  
AmeriCorps Team Leader



2449 Hyperion Avenue  
Suite 100  
Los Angeles, CA 90027

Phone: (213) 913-7333  
Fax: (213) 664-1725  
Publications: (213) 664-1692

Dear Principal,

My name is Rick Lupert and I am a Team Leader for a local AmeriCorps project hosted at the Interfaith Hunger Coalition. AmeriCorps is a new national service project in which individuals have the opportunity to do service in their communities in exchange for an educational award at the end of a ten month term of service. My team's focus is fighting hunger in Los Angeles. We have been active this year within Los Angeles Unified School District in the following ways:

- **Y.A.H.C.:** We have started a network of Youth Anti-Hunger Clubs on many high school campuses throughout greater Los Angeles. (list attached)
- **Healthy Eating Is Fun:** We have been working with Joann Zgonc of L.A.U.S.D.'s Homeless Education Project to implement a program educating 3rd through 6th graders about healthy eating and safe food preparation which we will be presenting at the schools within the district which have a large population of homeless children.
- **School Gardens:** We have worked supporting the school garden efforts at various schools around the district, involving children and teachers participating in the activities necessary to support a vegetable garden at their school.

The focus of our Youth Anti-Hunger Clubs is to put the energy of high school aged people into action by giving them the structure they need to plan and put into action their own creative anti-hunger projects. We also are acting as a support group for the clubs providing any information, event ideas and speakers they may need as well as networking them with other Youth Anti-Hunger Clubs throughout Los Angeles. I have enclosed with this letter the Youth Anti-Hunger Club Startup Information Pack materials that we have been sending to students interested in starting clubs at their schools (or making an existing club part of the Youth Anti-Hunger Club network.)

We are planning a large scale Youth Anti-Hunger Conference for April 6, 1995. It's going to take place at the Scottish Rite Temple facility 4357 Wilshire Boulevard in Los Angeles. At this conference we will be offering up to 1,500 high school aged people the opportunity to participate in a series of workshops geared towards empowering them to feel that they can and must do something about ending hunger in our local and world communities. In addition we will offer them the opportunity to meet representatives from many different hunger fighting, and other community service oriented organizations from throughout the nation. We will also be providing lunch and will be giving each conference participant a Youth Anti-Hunger Conference T-shirt donated to us by the Guess Foundation. We are not charging admission to the students; but we are asking that they bring an item of non-perishable food which will be donated to various food banks and pantries who will also be participating in the conference.



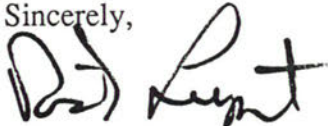
I am writing to ask for your schools support of our Youth Anti-Hunger Conference. These are the ways in which you can help:

- If a Youth Anti-Hunger Club has not already started at your school, find an interested student and pass on the startup information packet.
- Promote the Youth Anti-Hunger Conference on your campus.
- Make the Youth Anti-Hunger Conference an official school event sanctioning students conference participation in lieu of their regular class schedule on April 6. (We would like to have 30 students from each high school at the conference.)
- Provide transportation from your school for any students interested in attending the conference. (You can contact your school's local City Council Person for information about getting a free bus for this event.)

I know that most schools have such a strong commitment to having their students do community service that it has actually become a graduation requirement that every student complete a certain amount of community service hours. The Youth Anti-Hunger Conference and Youth Anti-Hunger Clubs are excellent ways to get the students at your school involved and excited about doing community service. Your help in any of the above ways (or any other way that you can think of) would help insure that the students at your school are on the road to self-empowerment and proactive involvement in helping to end one of the most terrible problems facing our community.

Please confirm your support by March 1st, 1995 by contacting me at the phone number below. Also, if you wish to speak to someone within the Los Angeles Unified School District about who we are and what we are doing, Joann Zgonc, Homeless Education Project Coordinator, may be contacted at (213) 625-4957. Thanks for your time and I look forward to hearing from you.

Sincerely,



Rick Lupert  
(213) 913-7327 • Monday - Thursday, 8 am to 4:30 pm

enclosures

# Youth Anti-Hunger Club Network

(as of February 6, 1995)

## School Outreached To

Agoura High School  
B'nai Brith Girls Chapter  
Beverly Hills High School  
Calabasas High School  
Chaminade  
Claremont High School  
Cleveland  
Crenshaw High School  
Dorsey High School  
El Camino Real High School  
Fairfax High School  
Granada Hills High School  
Hamilton High School  
Harvard Westlake  
L.A. County High School For The Arts  
Manual Arts High School  
Marshall, John High School  
Mira Costa  
North Hollywood High School  
Oakwood  
Peninsula  
Pomona High School  
Sherman Oaks Center for Enriched Studies  
Taft, William Howard High School  
Van Nuys High School  
Washington High School  
Wilson, Woodrow

## Student Contact

Josh Pollack  
Alycia Seaman  
Elisa Boren  
Ellah Orevi  
Dan Weiss  
Laura Fabrick  
Jennifer Kurland  
Kali Jones  
(no student contact yet)  
Kerri Kirchheimer  
Rene Androtti  
Lila Kopelioff  
Sarah Solomen  
Tiffany Zwicker  
Jona Rose Jaffe  
Maria Turcios  
Miriam Perez  
Alexis Grach  
Rachel Greenstadt  
Rachel Hochman  
Ido Dotan  
Shana Scott  
Melissa Kurland  
Liya Brook  
Rebecca Birken  
Michael Kyle  
Sandy Triana

As of this date, Harvard Westlake, Crenshaw, Marshall, and Granada Hills have registered their clubs with us. All other student contacts have received their startup information packets. We are beginning to outreach directly to principals at schools where we don't have student contacts. This will enable us to start clubs at as many schools as possible.

**YOUTH ANTI-HUNGER CLUB  
SAMPLE CONSTITUTION**

●

**I. NAME**

A. The name of the organization shall be the Youth Anti-Hunger Club (YAHC.)

**II. PURPOSE**

A. The purpose of the youth Anti-Hunger Club is to give students the opportunity to fight hunger around the world and in their community. YAHC will also be used as a tool to empower youth to affect change on a personal level.

**III. MEMBERSHIP**

A. All students committed to the goal and vision of the Youth Anti-Hunger Club are welcome to join. Each member should also maintain a 2.0 Grade Point Average.

**IV. GOVERNMENT**

A. This club shall be led by committee. The committee will be elected by the general membership. There will be five committee positions

**V. MEETINGS**

A. The Youth Anti-Hunger Club will meet every Monday at lunch.

●

**OUR COMMITMENT IS TO FIGHT TO END HUNGER, ONE COMMUNITY AT  
A TIME.**



## Why YOU should attend:

- Meet other High School students, just like you interested in ending hunger, from other parts of Los Angeles.
- Learn what you can do to help fight hunger.
- Meet representatives from many organizations who are helping to fight hunger and learn about volunteer opportunities for you and/or your own campus club.
- Network your Youth Anti-Hunger Club with other Y.A.H.Cs in and around Los Angeles.

## Conference Schedule

- 8 - 9 **Registration** (Check in and explore information booths)
- 9:00 **Introductions and Orientation**
- 9:30 **Rations Play** performed by L.I.F.E. (Love Is Feeding Everyone)
- 10:15 **Workshop Session I**
- 11:00 **Break**
- 11:15 **Workshop Session II**
- 12:00 **Lunch** (eat and check out organization booths)
- 12:45 **Entertainment**
- 1:45 **Workshop Session III**
- 2:30 **Keynote Speaker**
- 3:00 **Conclusion and Goodbye**
- 3:30 **Buses Leave**

Interfaith Hunger Coalition  
2449 Hyperion Suite # 108  
Los Angeles, CA 90027



# Y.A.H.C.

youth anti-hunger conference



Sponsored by the Southern California  
Interfaith Hunger Coalition and the  
Guess Foundation  
for High School Aged People

April 6, 1995  
Scottish Rite Temple  
4357 Wilshire Boulevard  
Los Angeles

*It's time you did something about  
ending hunger in our community*

**Individual Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone#: \_\_\_\_\_

School: \_\_\_\_\_

[ ] I do not need transportation to the conference.

[ ] I need information about the closest conference bus pick up point to me.

[ ] I need vegetarian food for lunch.

T-Shirt Size (circle one) S M L XL

.....

**Group Registration**  
(Bring your whole club!)

To register your entire club or group of people, please call (213) 913-7327 and ask for anyone on the Education Team. Please be ready to provide the following information:

- Names of all people attending.
- T-Shirt Sizes of all attending.
- The number of people who need vegetarian food for lunch.

.....

Return to: Y.A.H.C. Registration  
C/O: Interfaith Hunger Coalition  
2449 Hyperion Ste. 108  
Los Angeles, CA 90027

**Conference Workshops**

**Who's Hungry**  
Learn the facts about who's hungry in our nation and how hunger may be affecting your life.

**Youth Anti-Hunger Clubs**  
Meet with other people involved with YAHC clubs at their schools, share ideas and network for joint events.

**The Next Step: College Activism**  
Meet with people involved with Anti-Hunger activities on college campuses and find out how you can get involved.

**What's Being Done**  
Meet with and learn about the work that many organizations are doing to fight hunger locally and worldwide.

**And Many Other Workshops to choose from.**

**Speakers/Special Programs**

- Entertainment
- L.I.F.E. (Love Is Feeding Everyone) will perform their play Rations
- Key Note Speaker
- Elizabeth Riley, Executive Director of the Southern California Interfaith Hunger Coalition

**Location**

**Scottish Rite Temple**  
**4357 Wilshire Blvd.**  
(at Plymouth boulevard  
three blocks west of Crenshaw)

**When**

**Thursday April 6, 1995**  
**8:00 am to 3:30 pm**

**Who**

**Any High School-Aged Person**

**Lunch**

**Provided at no cost to Conference participants. Vegetarian food will be available**

**Conference Cost**

**1 item of nonperishable food which will be donated to Los Angeles area Food Banks**

**For More Information**

**Call (213) 913-7327 for additional information or any questions you may have. Ask for anyone on the Education Team**



## THESE ARE THE FACTS

- 20 million people in the U.S. cannot afford an adequate diet; 12 million of these are children.

- Hunger is a result of poverty.

- One out of every four children under the age of 12 is likely to be hungry in California.

- Hungry children are two to three times more likely to suffer from health problems than well-fed children.

- An overwhelming majority of food pantries report that they do not have sufficient food to meet the needs of those they serve.

- Over 93 percent of all food stamp households have gross incomes that are equal to or less than the poverty line.

- Hunger hurts... all of us.

## FACT: YOU CAN END HUNGER

- Learn about and act against the causes of hunger.
- Organize a food drive or a fundraiser for a food pantry near you.
- Volunteer at a food pantry or at a food bank.
- Volunteer at a soup kitchen.
- Participate in a hunger walk or run.
- Volunteer at a hunger advocacy organization.
- Shop at a certified farmers' market.
- Contact your legislative officials--every voice matters and every voice counts.
- Endorse anti-hunger campaigns.
- Connect with an anti-hunger coalition in your area.

Provided for you by the  
**INTERFAITH HUNGER  
COALITION**

2449 Hyperlon Ave. Ste. 100  
Los Angeles, CA 90027  
Phone: (213) 913-7333  
Fax: (213) 664-1725



# Y.A.H.C.

youth anti-hunger conference

Empowerment

Entertainment

Workshops

T-Shirts

:

**HUNGER**

:

Speakers

Lunch

Networking

Opportunity

*it's time you did something about ending hunger in our community*

•  
Interfaith Hunger Coalition's Free Countywide Conference  
for High School Aged People Interested In Helping to  
End Hunger  
•

Thursday, April 6, 1995 • 8 am to 3:30 pm  
Scottish Rite Temple in Los Angeles

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For more information or a registration brochure call (213) 913-7327  
or contact the Youth Anti-Hunger Club at your school.

•  
The Youth Anti-Hunger Conference is being sponsored by AmeriCorps at the Southern California  
Interfaith Hunger Coalition and the GUESS? Foundation.

Youth Anti-Hunger Conference  
**T-Shirt Logo Contest**



Do you think this logo is BORING? **WE DO TOO!**

We are in search of a new, improved and unique logo! Help us, and make a contribution towards ending hunger. Submit your **creative** ideas for a new Youth Anti-Hunger logo. This is an opportunity to have the result of your talent displayed on 2,000 walking canvases!!! The winning design will be printed on 2,000 T-Shirts which are being provided by the GUESS? Foundation, and will be distributed at the Youth Anti-Hunger Conference in April.

Send your entries to: Y.A.H.C. Logo Contest  
Interfaith Hunger Coalition  
2449 Hyperion Ave. Suite 108  
Los Angeles, CA 90027

Rules: **Submissions must be received by February 20, 1995**  
Include your name, address, and phone number with your entry  
One idea per student  
Logo cannot be larger than 8 1/2 X 11, overall  
Entry must be sharp, crisp and clear  
Must look good in different sizes  
Use of colors is fine  
No photographs  
All designs are judged solely on thematic uniqueness

If you have any questions call the AmeriCorps Education team at (213) 913-7327.

Youth Anti-Hunger Conference Logo Contest is being sponsored by AmeriCorps at the Southern California Interfaith Hunger Coalition and by the GUESS? Foundation.



## SOME EVENT IDEAS FOR YOUR Y.A.H.C.

The ideas on this list come courtesy of the organization LIFE (Love is Feeding Everyone). LIFE works very hard to feed the hungry in our community by running a large food bank and also outreaching to junior and senior high schools just like yours with their play *Rations*. LIFE would love to come and perform *Rations* at your school as an event for your Youth Anti Hunger Club or for the whole school. To arrange this, call Toni Plume at LIFE at (213) 936-0895. Or give us a call here at The Interfaith Hunger Coalition (213) 913-7327 (Ask for anyone on the Education team.)

- Donate proceeds from a sporting event, dance or theatrical event.
- Recycle soda cans and bottles and give the money to a local shelter.
- Have LIFE perform *Rations* at your school.
- Conduct a canned food drive for a local food bank.
- Write letters to government officials in support of ending hunger.
- See a Paramount Studios television show taping to raise money.
- Adopt an agency that helps children, teenagers, or the elderly.
- Have a penny drive on campus.
- Call The AmeriCorps Education team at the Interfaith Hunger Coalition for other ideas.
- Use the creativeness of your club members to come up with new, fun, and exciting event ideas!



# YAC(H) MEETING PROMOTION

---

- TAKE THE FACTS THAT ARE GIVEN BELOW AND MAKE A CREATIVE FLYER, POSTER, OR BANNER TO HYPE PEOPLE UP ABOUT FIGHTING HUNGER AND YOUR FIRST MEETING.

## HUNGER FACTS

- \* More than enough food is grown to feed everyone on this planet.
- \* Today 60,000 people will die of hunger - two thirds of them children.
- \* Four times more malnourished children are female than male.
- \* Nearly 1 in 5 people worldwide are chronically malnourished - too hungry to lead productive lives.
- \* The amount of money spent on weapons every minute could feed 2,000 malnourished children for a year.
- \* The price of a military tank could provide classrooms for 30,000 students.

These facts should help you see how urgent the need is for us to fight in the anti-hunger movement. Please join the struggle to end hunger.

By Barbara McCracken

RATIONS, L.I.F.E.'s dynamic play about America's hunger crisis is presently touring L.A. area high schools. A vital part of L.I.F.E.'s educational program, RATIONS is helping to educate high school students about the misconceptions of hunger and how they can help those in need.



students an opportunity to learn. "The play teaches youth to empower themselves. It allows them to look at the situation as it is, offers them hope and teaches them how to help," says Gotay.

### Positive Reaction

As part of the RATIONS experience, teachers are encouraged to integrate hunger issues into their curriculum. Recommended assignments include having students jot down their existing thoughts about hunger and reviewing these thoughts after watching the play.

Response to the play has been very positive--in many cases motivating students to organize their own in-school programs. This, of course, is what RATIONS is all about.

### Students Respond

After watching the play, students from South Pasadena High organized and collected 3,000 cans of food in a door-to-door effort.

Grant High School in Van Nuys also got involved, assigning separate projects to each grade level. Most notable was the freshman class, who chose to collect baby food--always a much-needed item.

L.I.F.E.'s director of educational programs, Toni Plume, says she hopes to bring RATIONS to as many area high schools as possible. She also hopes to get the program partially funded by grants to develop classroom materials and modified versions of the play for both elementary and college-level audiences.

### Personalizing the Hungry

Touching on the human aspect of the hunger crisis, RATIONS succeeds by delivering its message on a very personal level. By showing who the hungry are and how they got that way, it helps students deal with their own feelings about hunger.

Actor Will Gotay says the cast members are all very supportive, knowing they are giving the



Bonnie Toman

# Southern California Interfaith Hunger Coalition

## AmeriCorps Project Fact Sheet

The Southern California Interfaith Hunger Coalition and the U.S. Department of Agriculture are playing an exciting part in the first year of the President's national service program that awards an educational scholarship in exchange for community service.

### What is the AmeriCorps Program?

- The AmeriCorps Program is President Clinton's national service initiative to achieve direct results in addressing the nation's critical human service, environmental, public safety, and educational needs at the community level. AmeriCorps provides opportunities for Americans of all ages and backgrounds to serve their country in organized efforts, fostering citizen responsibility and building communities. Americans age 17 or older can make a substantial commitment to their country and earn education awards for college or vocational training in return.

- The AmeriCorps motto is "Getting Things Done". As one of only five USDA-sponsored projects nationwide focusing on anti-hunger, nutrition and empowerment, 40 AmeriCorps members will have the opportunity to make a strong and direct impact in the communities they serve.

### What will corps members do?

Teams of eight AmeriCorps members, under the direction of a Team Leader, will work with the Interfaith Hunger Coalition and organizations such as the Los Angeles Conservation Corps, Common Ground, Southland Farmers's Market and the LA Homeless Services Authority on projects listed below. Training about hunger issues and service activities will be provided.

- Work to inform homeless, low income, working poor and people with AIDS about housing, food, medical assistance, and other needed services.
- Set up a school-based garden project and healthy eating promotion for kids.
- Work on homeless assistance programs, and provide information and services to homeless people living in Encampments.
- Set up a community garden, start up a farmer's market and work on micro-enterprise development.
- Develop a promotion program for the School Breakfast program and the Summer Food Service Program.

### What's expected from an AmeriCorps member?

- You have to be seventeen years of age or older to apply.
- You have to be able to give a ten-month, full-time commitment to the program.
- You have to have some previous experience and demonstrated commitment to community service.

# INTERFAITH HUNGER COALITION

## *Program Highlights*

- IHC educates the community on hunger and poverty issues through the quarterly newsletter, *Bread and Justice* (4,000 copies quarterly); through public service announcements, television and radio appearances; and public speaking efforts.
- *How to Get Food and Money: the People's Guide to Welfare, Health and Other Services* (250,000 copies yearly), the comprehensive guide to government benefits available to low-income persons, explains federal, state and local programs in plain English and Spanish, in Los Angeles County and statewide.
- The Food Stamp Outreach campaign provides technical assistance, community-based, grassroots outreach and education, direct client assistance, a pro-active media campaign, and advocacy, targeting underserved sectors including homeless persons and seniors.
- The School Breakfast and Summer Food Outreach campaign targets children missing out on vital nutrition programs, through the Child Nutrition Hotline, (800) Eat-N-Gro, and through outreach efforts including bus cards, mass mailings, and through a network of community-based organizations, schools, parents, advocates and other community leaders interested in improving child nutrition.
- IHC's "LA Anti-Hunger and Empowerment Project", as part of AmeriCorps, the President's national service initiative, will employ 40 people to improve and expand the use of Federal anti-hunger programs and increase access to nutrition information. Teams will also establish farmers markets, community gardening and micro-enterprise development projects.
- IHC provides up-to-the-minute information on local, state and federal hunger and poverty-related legislation and policies, and supports an active body of advocates to be mobilized rapidly and effectively.
- IHC works with UCLA planners on community development and food security planning as a follow-up to *Seeds of Change*, the ground-breaking study on food access issues in Los Angeles.
- "Food Assets" serves as a fully operational food pantry serving the Echo Park/Silverlake community, as well as a training center for food pantry operators in the greater Los Angeles area.
- IHC provides vital know-how for groups wanting to start a food pantry with workshops and consultations and with publications: *How You Can Start and Maintain a Food Pantry* (2,000 copies yearly) and *How to Run a Food Drive* (1,500 copies yearly).
- The *Directory to Los Angeles County Food Pantries and Food Banks* (3,000 copies yearly) lists food programs available to help the hungry throughout Los Angeles County.
- The *Well Being* guide provides information on government benefits, emergency food, and other resources for women and children who have tested HIV positive.



Dear High School Student,

Food is a basic need. Did you know that in our state almost 30% of the entire population of children under 12 do not have enough to eat on a daily basis? They just don't have enough food. In Southern California alone 15 percent of our population (about 1.3 million people) exist under the poverty level. Some of them live on the streets, in shelters, some have places to live, but they all are faced with the crisis of not having enough money to buy enough food for themselves and their families. It's nothing less than a crisis.

Does this information upset you? Does it make you wonder why in our nation, arguably the richest nation in the world, we can't meet the basic need of feeding everyone? Well if so why not take the situation into your own hands and do something about it? We're the Southern California Interfaith Hunger Coalition and we exist to fight hunger in Los Angeles. We would like to recruit you to do the same.

If you feel that it's about time that the students at your school did something about this then read on! We are starting a network of Youth Anti-Hunger Clubs (YAHCs) at high schools in the Los Angeles area and would like your help in starting one at your school. Enclosed with this letter are the following things:

- Instruction Sheet on how to start a YAHC.
- A sample club constitution for you to use.
- Facts about Hunger and Poverty in Los Angeles (basic information sheet)
- Information about the upcoming Youth Anti-Hunger Conference.

We at Interfaith Hunger Coalition will help you in every way that we can with:

- Coming up with events ideas
- Organizing Food Drives at your school
- Getting speakers to come talk to your club meetings about hunger issues
- Providing information you can use and distribute about hunger and nutrition
- Networking your schools club with YAHCs at other schools
- Provide General Support and Answer Questions

If you have any questions, feel free to call me Monday through Friday 8 am - 4:30 pm at (213) 913-7326. You as a Los Angeles youth have a lot of power to make things happen in our community and this is one way that you can take advantage of that power. By working together with other people in your school and community, and with other Anti-Hunger groups, WE WILL END HUNGER IN OUR COMMUNITY!

Sincerely,

Rick Lupert  
AmeriCorps Team Leader

## YOUTH ANTI-HUNGER CLUB (YAHC)

These are a few instructions in order to help a YAHC get started at your school.

**\*\*\* BEFORE ANY ATTEMPT TO START THE CLUB, CHECK WITH SCHOOL \*\*\*  
ADMINISTRATION FOR SPECIFIC RULES, REGULATIONS, AND/OR GUIDELINES  
ABOUT CLUBS IN YOUR SCHOOL.**

### I. Spark interest at your school:

1. Talk to others about the idea.
  - A. friends at school
  - B. teachers at school
  - C. other students at school
2. Empower others to feel they can make a difference in the hunger situation through:
  - A. announcements
  - B. bulletins

II. Find a sponsor from the staff at your school. (This will enable you to have an official club on campus, have a meeting place, and organize club-related events.)

### III. Register your club with Interfaith Hunger Coalition (don't worry, it's free.)

1. Call (213) 913-7327 and ask for the AmeriCorps Education Team.
2. Let us know that your school has started a YAHC.
  - A. We can keep you updated on regional anti-hunger events
  - B. We can network you with YAHCs at other schools
  - C. We can better act as a resource for event ideas, volunteer opportunities, etc...

### IV. The first meeting.

1. For the first meeting publicize:
  - A. the date
  - B. the time
  - C. the meeting place
2. At the first meeting:
  - A. Brainstorm ideas about focal points, fundraisers\*, and other events.

V. Use the AmeriCorps Education Team at the Interfaith Hunger Coalition (IHC) as a resource! (We're here to end hunger too so we want to give you as much help as you need!)

### VI. Promote your club:

1. announcements
2. posters
3. bulletins

### VII. END HUNGER IN OUR COMMUNITY!

\*Fundraisers are like fundraisers except they do not raise funds they raise food for the hungry.



2449 Hyperion Avenue  
Suite 100  
Los Angeles, CA 90027

Phone: (213) 913-7333  
Fax: (213) 664-1725  
Publications: (213) 664-1692

## Facts about Hunger and Poverty in Los Angeles

- The Poverty level for a family of four is now \$14,800.
- Over 1.3 million children, 1,371,858 kids under 12 in California, are hungry or at risk of hunger, which is 27.8% of the children in the state. 647,014 children under 12 in California are hungry, or 13.1%.\*
- The County of Los Angeles 1990 Poverty Rate: 1,308,255 people out of a population of 8,682,078, or 15.1%.
- Poverty and hunger figures are highly related. The 1.3 million persons under the poverty level in Los Angeles would likely face hunger at least once a month.
- Over 150,000 people were homeless in Los Angeles County in 1990. 36,037 were children whose families are homeless. Homeless youth counted for 10,000: children who are under 18 and on their own.
- The Census Bureau poverty report for 1993, showed poverty in the U.S. rose to 15.1% of the population last year, up from 14.8% in 1992. A total of 39.3 million people lived below the 1993 poverty level. The current rate is the highest since the 15.2% in 1983.
- According to Tufts University, the revised 1992 national child poverty rate is 22.3%
- 18.2 percent of Californians live below the poverty level

\* According to the Food Research and Action Center (FRAC).  
(8/94)

