Seeing Hunger First Hand

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Healthy Eating in Hard Times
3/11/2009
HELP Warehouse
Lower Columbia CAP

• Food Collection and Distribution point for 8 Food Banks on Cowlitz and Wahkiakum
• Distributes USDA government commodities (surplus food) at 14 sites.
• Helps people apply to the Basic Food Program Quest Card (formerly Food Stamps)
• Provides Emergency services (personal care, household items, infant care items, emergency food box).
• Homeless Prevention and Rehousing
HELP Warehouse – Food Bank Network

Castle Rock Red Lions Food Bank
Cathlamet Helping Hands
FISH – 18 participating churches
Kalama Helping Hand
Northgate City Church
The Salvation Army
St. Vincent de Paul
Woodland Community Service Center
HELP Warehouse – USDA Commodities

Cathlamet – Helping Hand Food Bank
Castle Rock – Senior Center and Riverview Apts.
Kalama – Helping Hand Food Bank
Kelso – Cowlitz Villa, Tartan House
Longview – HELP Warehouse, Parkland Terrace, Westgate Terrace, Fremont Village, Campus Towers
Ryderwood – Community Hall
Woodland – Hawthorne House, Community Center
Home delivery to homebound persons
Output

• **Food Bank Distribution:**
  – 1,153,850 lbs distributed in 2009
    • Monthly average of 96,154 lbs of food
  – Food Banks served an average of 5000 food boxes each month in 2009

• **USDA Commodities:**
  – 249,927 lbs distributed in 2009
    • Monthly average of 20,827 lbs of food
  – 1,741 unduplicated families (3,322 individuals total) served in 2009
    • Duplicated: 9,704 families total. Monthly average 809 families, 1490 individuals
Output (con’t)

• **Basic Food Program:**
  – 73 applications in 2009 (82% approval rate).

• **Emergency Services:**
  – 1,457 unduplicated families (4,257 individuals) served in 2009
    • Monthly average 119 families

• **Homeless Prevention and Rehousing:**
  – 83 households assisted in avoiding homelessness
  – 11 households assisted in getting out of homelessness
Who is using these services?

**USDA Commodities**
- 78% White
- 12% Single parents (of which 90% were single women)
- **15% Employed**
- 27% Do not have health insurance
- **30% Children under the age of 18**
- 6% Homeless
- **35% Seniors**
- 71% Income at or below poverty ($903 or less)
- 31% Income below 50% of poverty ($451 or less)
Who is using these services?

Emergency Services

- 79% White
- 30% Single parents (of which 90% were single women)
- 15% Employed
- 34% Do not have health insurance
- 49% Children under the age of 18
- 17% Homeless
- 10% Seniors
- 84% Income at or below poverty ($900 or less)
- 68% Income below 50% of poverty ($450 or less)
Lower Columbia CAP – Senior Nutrition

• **Meals on Wheels**
  - 40,103 meals delivered in 2009.

• **Community Lunches**
  - 16,277 meals served at 9 locations in 2009.
    - Longview
    - Kelso
    - Castle rock
    - Ryderwood
    - Woodland
    - Lexington
    - Kalama
    - Rosburg
    - Cathlamet
Trends

• Rising need
• Hunger is not seasonal: In 2009 Food Banks were used most in April, May, July, and October.
• More visits per household for service
• Clear link between poverty and access to adequate nutrition
Challenges

• Funding
• Transportation costs
• Cost of nutritious food: Meat, Dairy, Produce
• Nature of community awareness: cyclical
How you can help

• Support food drives. Contribute food or time
  — Next is Postal Drive: Mother’s Day
• Have your own food drive at work
• Donate extra garden fruits and vegetables
• Volunteer at your local Food bank
  — In 2009, HELP Warehouse logged 10,615 volunteer hours
• Support other social services that fight poverty, and don’t buy into stereotypes!
www.lowercolumbiacap.org/community

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