

Food Insecurity in Your Community

PRESENTED BY

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Hunger is here.

Hunger in America is defined by food insecurity. Without daily access to nutritious food, individuals cannot conduct active healthy lives.

A GBFB study estimates that **1 in 3 households in Massachusetts experienced food insecurity in 2022.**

Populations with the highest rates of food insecurity include Hispanic, Black, and LGBTQ+.

Cost of a Meal

MASSACHUSETTS

ranks as the third most expensive state in the country (behind Hawaii and Alaska):

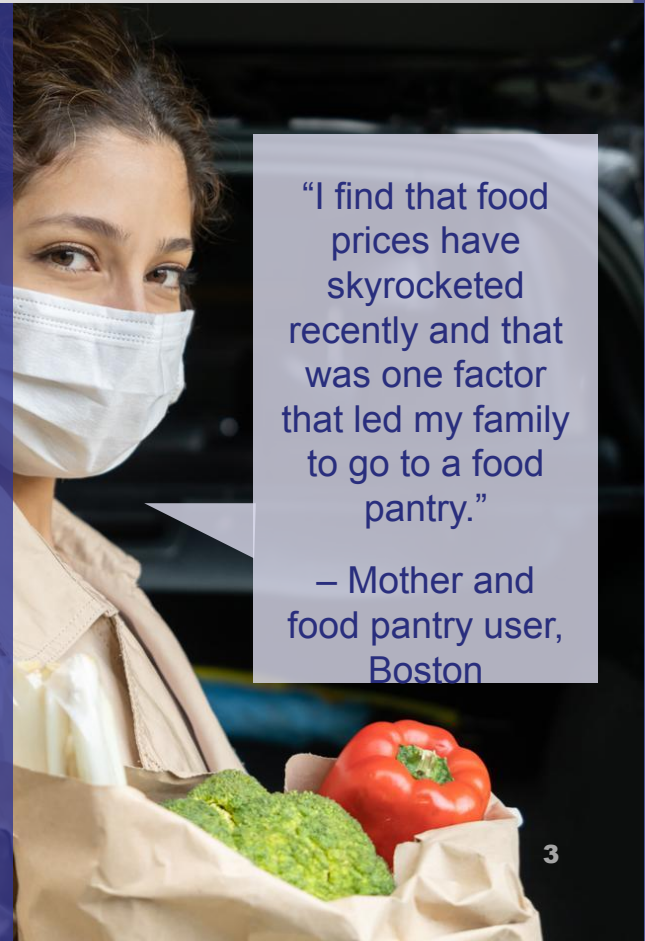


EASTERN MASSACHUSETTS

GBFB's service area has the highest food costs in the state:



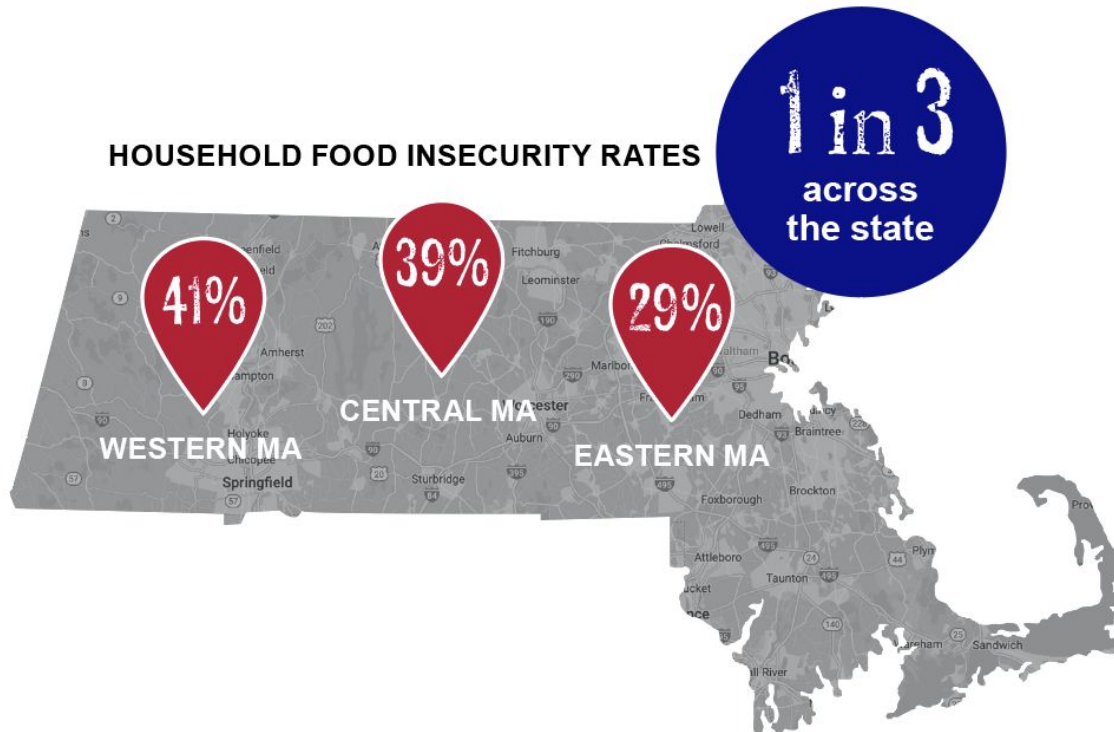
Source: Gundersen, C., Strayer, M., Dewey, A., Hake, M., & Engelhard, E. (2023). *Map the Meal Gap 2023: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2021*. Feeding America.



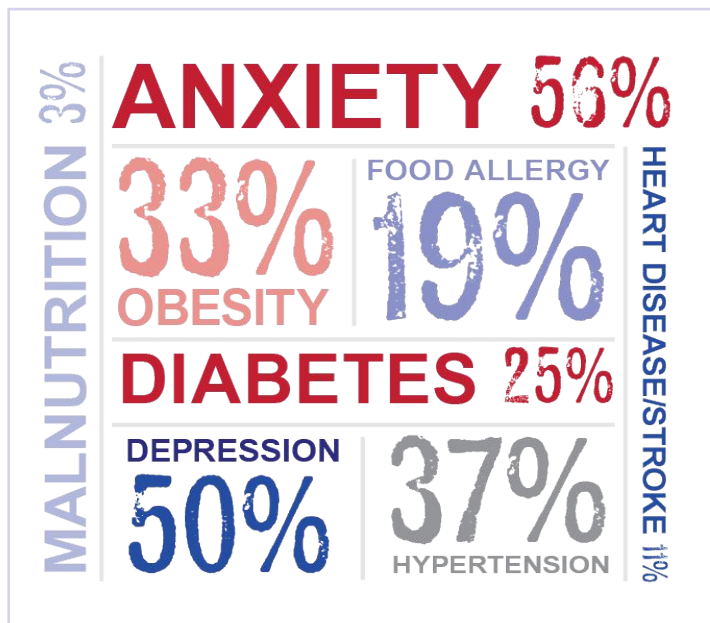
“I find that food prices have skyrocketed recently and that was one factor that led my family to go to a food pantry.”

– Mother and food pantry user, Boston

REGIONAL HOUSEHOLD FOOD INSECURITY RATES



THE RELATIONSHIP BETWEEN FOOD INSECURITY AND CHRONIC HEALTH CONDITIONS



“I think that perhaps healthcare providers can be equipped with information on how their patients can improve their quality of lives and address their food insecurity problems and how to solve it; for example, where to look for help and advocate for them. Also, they can advise on alternatives to nutrition that the patients lack ... that is affordable.”

—ASIAN WOMAN, ESSEX COUNTY

Participants were asked if they had been screened for food insecurity by a medical provider. Overall, 22% reported being screened and screening rates were higher among those with food insecurity (33%).

Among those with food insecurity who had been screened, 78% were offered resources and 83% used the resources provided.



Historic Need at Food Pantries

The impact of the COVID-19 crisis has caused historic demand for emergency food. Since early 2020, GBFB's food pantry partners have reported serving twice the number of clients than they served before the Pandemic. Recently, this increase has been compounded by the worst inflation we have seen in over 40 years, so we expect this historic need for food assistance to continue.

Number of Food Pantry Clients by Quarter(Monthly Average)



POOR HEALTH



- Food insecurity (FI) has been linked to poorer diet, lower overall health and poorer control of chronic conditions¹
 - Odds of *oral health* problems among FI more than **3x higher**²
 - Odds of *diabetes* among severely FI more than **2x higher**³
 - Odds of *iron deficient anemia* (FI pregnant women) were **2.9x higher**⁴
 - Odds of *depression* among severely FI more than **3x higher**⁵

Forced to choose between buying **medicine or food** (or other basic needs)⁶

- FI people with diabetics **3.5x more likely** to report poorer adherence to blood sugar monitoring⁷

Longitudinal data suggest that children's learning outcomes suffer when they regularly experience hunger and that nearly every aspect of physical and mental function is hurt as well. **Food insecurity affects concentration, memory, mood, and motor skills**, all of which a child needs to be able to be successful in school.⁸

DIFFICULTY LEARNING



MOVING TO NUTRITION SECURITY

- Consistent access, availability, and affordability of foods and beverages that promote well-being, prevent disease, and, if needed, treat disease
- Food security focuses on ensuring that everyone has enough to eat, while nutrition security ensures that everyone receives and consumes calories that contribute to their overall health.

About Us



MISSION

End hunger here.

LEADING PROVIDER OF FOOD

Without GBFB, emergency providers of meals and food would not exist as we know it today.

How We Work



GBFB acquires food through food industry partners and financial donations.

Food is sorted, stored and packed in our state-of-the-art 117,000 sq. ft. facility in Boston's Newmarket area.

Food is distributed to our network of nearly 600 distribution partners which includes food pantries, meal programs and over 80 direct distribution sites.

Children, families and seniors in need receive food for healthy meals—and hope for brighter futures.



Private Funding	53.9%
MEFAP	25.7%
USDA	20.3%

Retailers	54.0%
Farms	33.6%
Manufacturers	8.2%
Other	4.2%



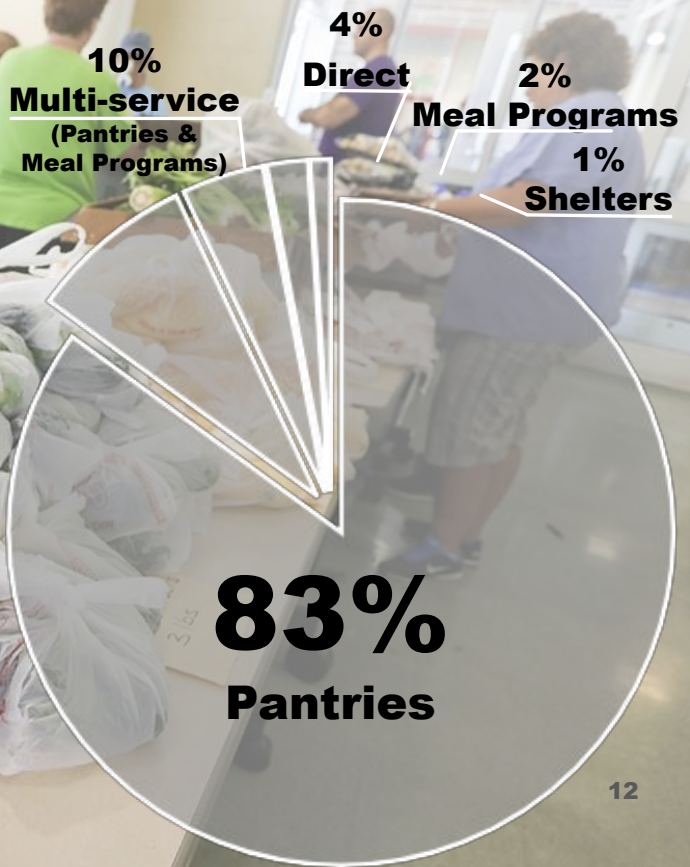
Food Acquisition

WHERE THE FOOD COMES FROM



Food Distribution

WHERE THE FOOD GOES





Nutrition
matters.

95%

of our food inventory
meets GBFB's high
nutrition standards

33%

fresh and frozen
produce

29%

protein and dairy

FY23



GBFB.org

SWAP

Supporting Wellness at Pantries

Registered Dietitians
analyze foods



GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

YELLOW

Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

RED

Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits

FOOD CATEGORY	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*
Fruits and Vegetables	≤2g	≤230 mg	0g (≤12g for Total Sugar)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24 g for Total Sugar)
				≥2.5 g	231-479mg	1-11g (13-24g for Total Sugar)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total)	3.5-6g	231-479mg	1-11g (13-24g for Total)	≥6.5g	≥480mg	≥12g (≥24 g for Total)

Items are color-coded

SWAP colors viewable on ordering system

30589	APPLESAUCE, UNSWEETENED, ... 72/4 OZ. (MEFAP)	Dry	●
3000010	AVOCADOS, LOOSE 24-48 COUNT (MEFAP)	55 Degree Cooler	●
30817	BEANS, GREEN, CUT, LOW SALT... 24/15.25 OZ (MEFAP)	Dry	●
30081	BEANS, KIDNEY, RED, FURMAN... 24/15.5 OZ (MEFAP)	Dry	●
30743	CHICKEN, CANNED, CHUNK, BU... 12/10 OZ (MEFAP)	Dry	●
30828	CHICKEN, WHOLE, ROASTER, P/L 9/7 LB AVG (MEFAP)	Freezer	●
30607	COLLARD GREENS, FRESH BUNCH (MEFAP)	35 Degree Cooler	●

How does GBFB respond to cultural food preferences?

Strategic Activities

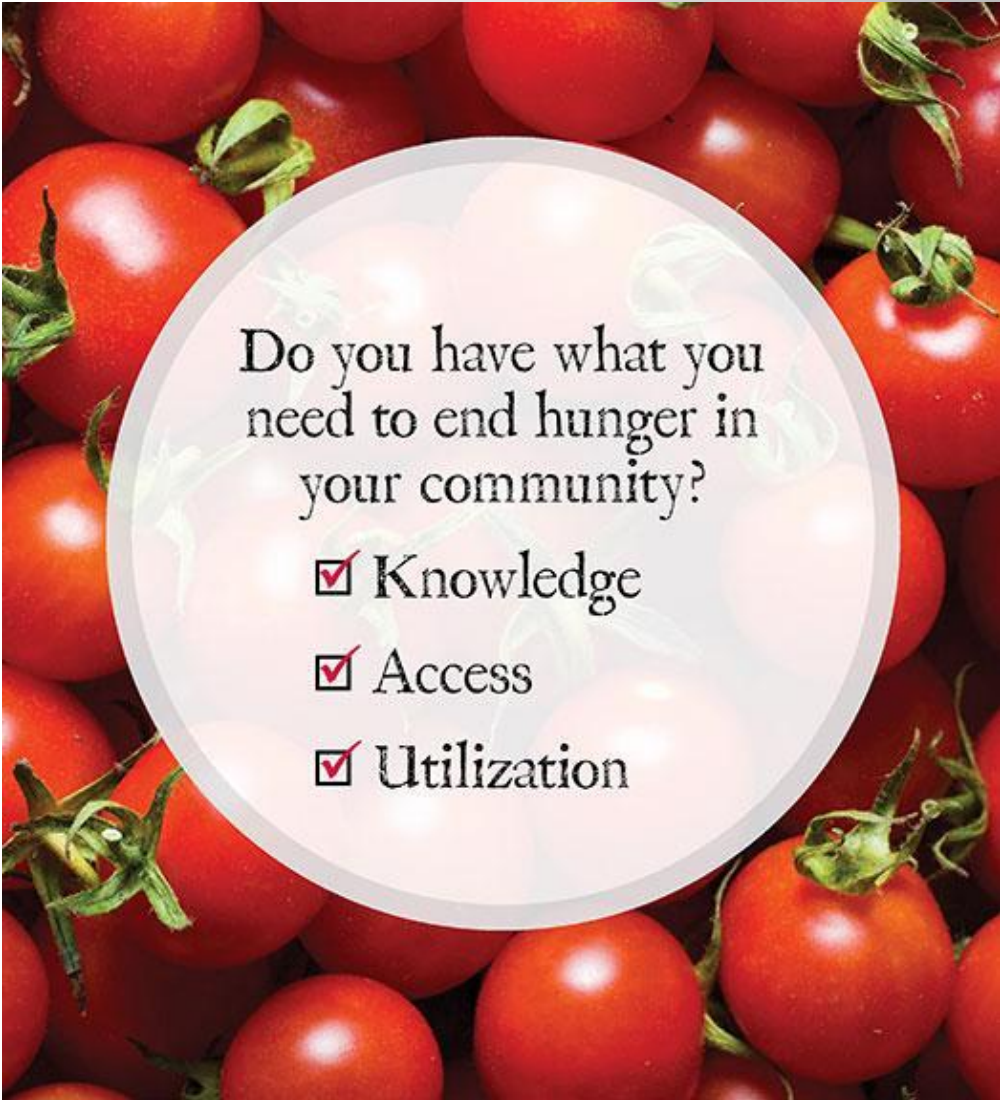
Community/Client Engagement

Listening to our Network Partners

Food Equity and Access Research

Testing food purchasing





Do you have what you
need to end hunger in
your community?

- Knowledge
- Access
- Utilization

A “hunger-free” community may still have food insecure people, but the community can work together to ensure there is consistent access to healthy food for everyone. The Hunger-Free Checklist is a step by step process to help communities achieve consensus on what to work on first:



Step 1:

Identify Key Stakeholders



Step 2:

Community



Step 3:

Checklist



Step 4:

Prioritize

GET STARTED >

Thousands of people in Eastern Massachusetts are food insecure and may not know where their next meal will come from. They struggle to provide enough healthy food for themselves and their families. Many rely on The Greater Boston Food Bank (GBFB) and its network of partners for the food they need to live healthy lives.

Identify other key stakeholders in our community and convene a meeting.

Look at your community from a food insecurity lens.

Use the Hunger-Free Checklist to determine the main areas of focus for your community.

Prioritize 2-3 areas from those identified in Step 3 as needing improvement. Create a detailed plan of action.



<https://www.hungerfreechecklist.org/>

RESEARCH YOUR COMMUNITY

Step 2. Look at your community

Resource Name	Descriptions & Links
FEEDING AMERICA FOOD INSECURITY STATS	<i>Population and child food insecurity data by county</i> feedingamerica.org/research/map-the-meal-gap/data-by-county-in-each-state.html
ETHNIC AND RACIAL DIVERSITY MAP	<i>Map of ethnic and racial make-up by community in MA</i> archive.boston.com/news/local/massachusetts_graphics/03_22_11_2010_census_town_population/
USDA POVERTY MAP	<i>Country-wide map depicting poverty levels at the county level.</i> data.ers.usda.gov/reports.aspx?ID=17826
ALLTRANSIT™ SCORE	<i>Overall transit score that looks at connectivity, access to jobs, and frequency of service</i> alltransit.cnt.org/rankings/
MBTA TRANSPORTATION MAPS	<i>Maps of commuter rail, T, and bus routes</i> mbta.com/maps
USDA FOOD ATLAS MAP & USDA FOOD ACCESS RESEARCH ATLAS	<i>Country-wide map depicting various food access indicators at the county level</i> ers.usda.gov/data-products/food-environment-atlas/go-to-the-atlas/ <i>Food desert locator</i> ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/
MASSGROWN MAP	<i>Map indicating location and characteristics (e.g. accept EBT) of farmers markets in MA</i> massnrc.org/famlocator/map.aspx?Type=Farmers+Markets
SNAP GAP MAP	<i>Map of extent of SNAP Gap by zip codes in MA</i> public.tableau.com/profile/food.bank.of.western.ma#!/vizhome/MHandSNAP/Story1
SNAP RETAILERS LOCATOR TOOL	<i>Tool to find SNAP retailers in different areas (based on distance from specific addresses)</i> fns.usda.gov/snap/retailerlocator
FOOD PANTRY LOCATOR TOOL BY GBFB	<i>Enter zip code to find most convenient food pantries and community meal programs</i> GBFB.org/need-food
MEAL A DAY GOALS BY GBFB	<i>Map indicating communities where GBFB goal of 3 Meals a Day has been met</i> GBFB.org/maps/three-meals-a-day
MASS 211	<i>Clients can call 211 (or go on their website) to find most convenient social resources</i> mass211.org
FOOD RESEARCH AND ACTION CENTER (FRAC) RESOURCE LIBRARY	<i>Resource library with links to different articles, advocacy posters, and data charts relating to food access.</i> frac.org/research/resource-library

How to tell if a child is facing hunger:

[Kids] may feel so ashamed of not getting enough to eat that they keep it hidden from the adults who care about them the most. That makes it challenging to identify a child experiencing hunger. But you can look out for these signs:

- They ask about food every day and they're not picky about what they eat.
- They suddenly lose or gain weight but don't change their activity level.
- They hoard snacks and food.
- They bully others or behave badly.
- They have a poor attention span, memory or trouble concentrating.
- They are hyperactive or impulsive.
- They show aggressive or antisocial behavior.

MEETING THE IMMEDIATE NEED

Falmouth, MA

Use my Location

More Filters

Filters

Open Today

Radius

Days Open

Clear Filters

11 locations found

Download in English

- 1 Cape & Islands Veterans Outreach Center (Mobile Market Falmouth)**
366 Palmer Ave (0.87 Miles)
Falmouth, MA 02540
508-778-1590
www.capeveterans.com

Hours & Programs

More Information

Directions

Call

Website

- 2 CKM Falmouth**
340 Teaticket Highway (1.37 Miles)
Falmouth, MA 02536

Prev

Results 1-11

Next

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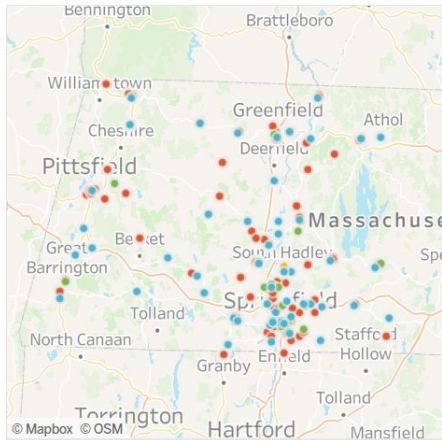
The Food Bank's Emergency Feeding Program Network

City
 (All) ▼

County
 (All) ▼

Select a Day of the Week
 All ▼

- MEALSITE
- FOOD PANTRY
- MOBILE FOOD BANK
- BROWN BAG: FOOD FOR ELDERLS



Your location Search radius 50 mi ▼ Results 100 ▼ SEARCH

The Salvation Army Citadel-Sally's Place | Community Meal Program
 640 Main Street
 Worcester Massachusetts 01608
 United States

More info ▼

0.2 mi
Directions

Salvation Army-Citadel | Food Pantry
 640 Main Street
 Worcester Massachusetts 01608
 United States

63°F







CONNECTING TO LONGER TERM SUPPORT - SNAP

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a nutrition program that gives you money for food. SNAP benefits are put on an electronic card that you can use to buy food at supermarkets, convenience stores, farmers' markets, and even some online retailers. If you need help buying food, [apply for SNAP today!](#)

Who can get SNAP?

Eligibility is based on income and household size. If you are within the income limits below, you may be eligible.

Household Size	Gross Monthly Income Limit <small>(before taxes or healthcare is taken out)</small>
	\$2,430
	\$3,287
	\$4,143
	\$5,000
Each additional member	+\$857

CONNECTING TO LONGER TERM SUPPORT

Resource	Description	Contact
GBFB Mobile Markets	GBFB distributes nutritious food through Mobile Markets at partner agencies, serving low-income populations including seniors, veterans, community health center patients, and students.	https://www.gbfb.org/what-we-do/our-programs/mobile-markets/
GBFB Food Pantry Locator	Find food assistance in your area. Call food pantries for more information.	https://www.gbfb.org/need-food/
The Department of Transitional Assistance (DTA)	The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency.	https://www.mass.gov/orgs/departement-of-transitional-assistance (877) 382-2363
Executive Office of Housing and Livable Communities (EOHLC)	The Executive Office of Housing and Livable Communities (EOHLC) works with municipalities, local housing authorities, non-profit organizations, and development partners to provide affordable housing options, financial assistance, and other support to Massachusetts communities.	https://www.mass.gov/orgs/executive-office-of-housing-and-livable-communities
Affordable Connectivity Program	The Affordable Connectivity Program (ACP) is a U.S. government program that assists low-income households in paying for internet service and connected devices like a laptop or tablet.	https://www.usac.org/about/affordable-connectivity-program/
Click N' Cook	Click 'N Cook helps people find simple, healthy recipes. It is managed by registered dietitians who provide essential nutritional advice and recipe guidance.	https://clickncook.org/
Mass Legal Resources Finder	Find legal help and information.	https://masslrf.org/en/home
Community Action Agencies	Discover self-sufficiency with Community Action Agencies (CAAs) offering fuel assistance, senior services, and emergency food assistance.	https://www.masscap.org/agencies/
The Women, Infants, & Children (WIC) Nutrition Program	Nutrition program for pregnant and breastfeeding women and kids under 5.	www.mass.gov/wic
Child Care Subsidy	Provides eligible families with childcare costs.	https://www.mass.gov/guides/early-education-and-care-financial-assistance-for-families
Project Breads Food Source Hotline	Call the toll-free Food Source Hotline. They can help you find food resources in your area.	1 (800) 645-8333
Fuel Assistance	Provides eligible households with help in paying some heating bills.	https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance
Greater Boston Legal Services	GBLS's mission is to provide free legal assistance to families and individuals living in poverty to help them assert their rights and secure the most necessities of life.	https://www.gbfs.org/
Daily Table	Daily Table is a nonprofit grocery chain dedicated to providing fresh, tasty, convenient, and nutritious food to communities most in need at prices everyone can afford.	https://dailytable.org/

SNAP Experience

FIGURE 11

Reasons for not using SNAP reported by households experiencing food insecurity in 2022*

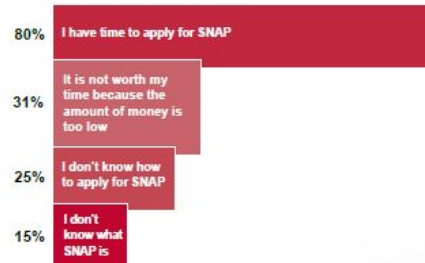
STIGMA AND SELF-RELIANCE



“My partner and I both work two jobs. Our wages are staying the same but the prices of everything else including rent, utilities, gas, groceries, etc. are going up. Our quality of life has dramatically decreased within the past two years.”

—WHITE WORKING WOMAN,
MIDDLESEX COUNTY

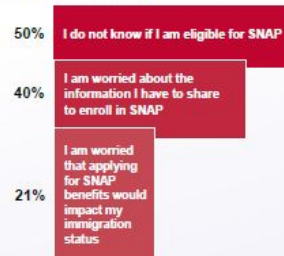
KNOWLEDGE AND CONVENIENCE



“When you get to be my age, you worry over questions like, ‘Are you going to have enough food to eat for the month? Do you have to buy groceries instead of paying for your medicine?’ I have to make that choice most of the time.”

—WHITE WOMAN WITH A
DISABILITY UTILIZING SNAP,
SUFFOLK COUNTY

ELIGIBILITY CONCERNS



* Measured using the 18-item USDA Household Food Security Survey Module (household level)

Thank you.



GBFB.org


Join us.



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Feeding Eastern Massachusetts

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