

Federal Food Programs Overview

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Food Insecurity

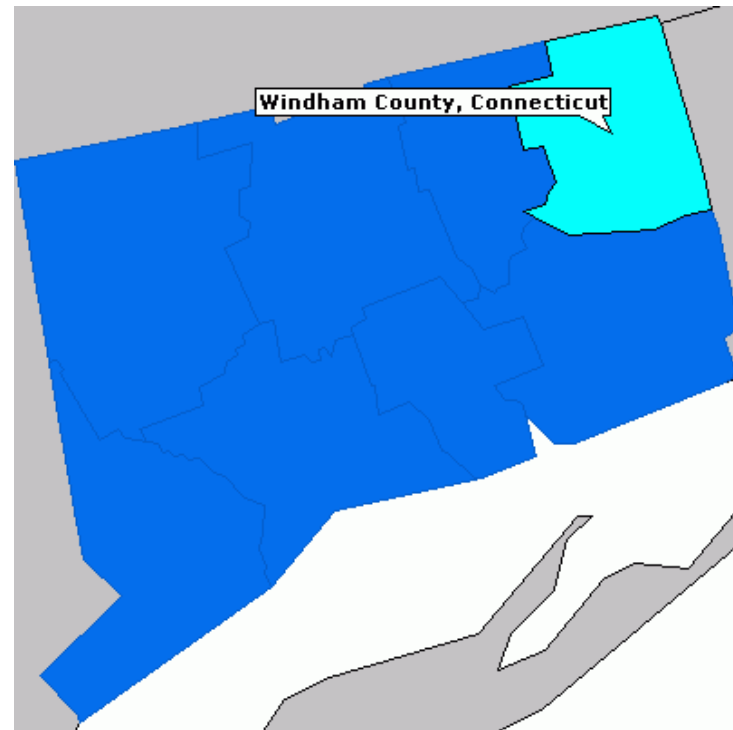
- **Food Insecurity:** is the lack of assured access at all times to enough food for healthy, active lives.
- **Very Low Food Security:** Hunger combined with food insecurity, which is the mental and physical condition that comes from not eating enough food due to insufficient economic, family or community resources.

Consequences: The Impact of Hunger on Health

- ❑ Hungry children are more likely to be chronically sick and to have behavioral problems compared to children who are not hungry.
- ❑ Food insecurity with its associated health consequences, has long-term ramifications for the larger community.

State of CT

- ❑ In 2007, **10.6%** of Connecticut children under 18 (85,530 children) lived in a family with income below the Federal Poverty Level (\$21,027 for a two-parent family with two children)
- ❑ **11%** households are food insecure
- ❑ **4.1%** of Connecticut households are very low food secure



The Paradox of Hunger and Obesity

- You can be hungry and overweight.
- In a recent study:
 - 53%** of women who were moderately food insecure were overweight, compared to **34%** of those who were food secure.

The Paradox of Hunger and Obesity

The Link between
Food Insecurity and Obesity:



- ❑ Poor quality diets, foods that are high in fat, sugar and salt are often cheaper than other foods.
- ❑ Physical activity may be difficult due to unsafe streets.
- ❑ Skipping meals when food is scarce and overeating when food supplies are good causes the body to store up calories as fat.

Eligibility

- ❑ Families at 185% of the Federal Poverty Level
Family of 4 has an annual income of no more than \$40,793.
- ❑ Open Sites for Summer Feeding Programs : 50% children in geographic area eat free and reduced price school lunch. Any children 18 and younger can eat for free.
- ❑ At-Risk Supper Programs: Children under 19.

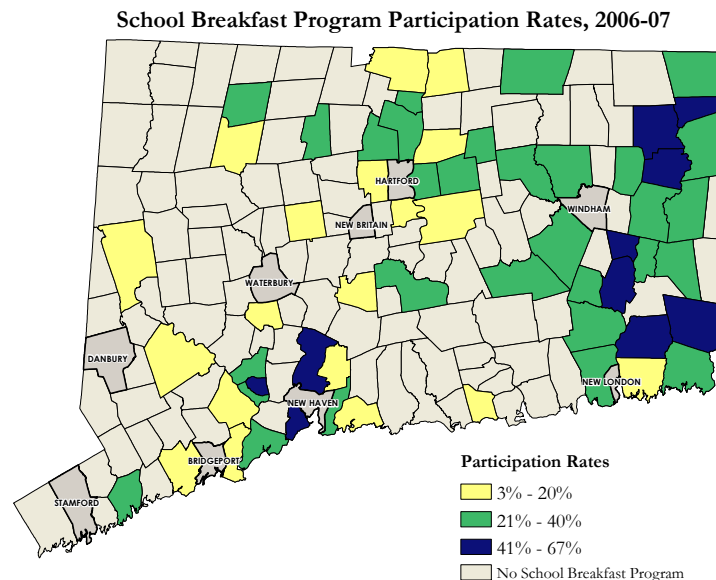
SNAP / Food Stamps

- ❑ 30% increase in SNAP/Food Stamp usage in one year.
- ❑ New Income guideline –
 - 185% of FPL with no assets
- ❑ Direct Certification for school meals
- ❑ Access Issues
 - Distance from DSS office
 - Overwhelmed DSS staff
 - Lack of timely benefits



School Breakfast

- 39.1% of children who participate in free and reduced price lunch program eat breakfast at school
- Connecticut last in the nation for the percentage of schools participating in the National School Breakfast Program



After-school Snacks

- Expand CACFP to more child care providers.
- Work with recreational programs to include snacks.

Summer Nutrition



- 25% of eligible children participate in Summer Nutrition Programs.
 - Increase participation coordinating recreation with food
 - Increase public awareness

~Making Room at the Table~

“Summer Food”



~Making Room at the Table~

WIC



- ❑ Only program aimed at providing basic nutrition to woman and infants
- ❑ Every \$1 spent on WIC funding translates to a \$1.77 - \$3.13 savings in medical cost to the state.

Emergency Food

- 30-50% across the board increase in usage
- Increased fresh produce
- Client choice



Nutrition Education

- SNAP – Ed
- Expanded Food and Nutrition Education Program (EFNEP)

Program Information

- Increased awareness of programs
- Outreach in communities => local advocates, schools, local elected officials

Outcomes

- ❑ SNAP/Food Stamp, summer food programs and school breakfast outreach leads the food insecure to:
 - No hunger
 - self-sufficiency
 - ❑ Ability to buy own food,
 - ❑ make cultural food choices,
 - ❑ ability to learn and work
 - ❑ children who eat a breakfast at school do better academically
 - better health
 - ❑ have fewer incidences of obesity and overweight
 - ❑ Fewer health issues as adults
 - ❑ Babies are born healthier

If we want to, we can.



~Making Room at the Table~