

Bonney Lake
Food Bank

Child Food Insecurity in our Community: If we cannot feed, educate, and nurture our children the future will not be bright





Food Insecurity with Hunger Defined

- Food insecurity is a household-level economic and social condition of limited or uncertain access to adequate food.
- Hunger is an individual-level physiological condition that may result from food insecurity. Prolonged lack of food results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation."

Source:

USDA: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>

US Statistics

Growing Up Poor in America

FOR TOO MANY FAMILIES, HUNGER IS ONE UNEXPECTED BILL AWAY



1 in 6 kids in America is facing hunger.

That's 13 million children. And though people sometimes think of hunger as something that affects only children in dense urban neighborhoods or isolated rural towns, the truth is that **hunger affects children in every community**, including affluent suburbs.



Many Americans are one minor crisis away from disaster.

64% of low-income parents say it would be difficult to feed their children if they encountered an unexpected expense, like a \$1,500 car repair or medical bill.



Most families that need help are working.

92% of families we surveyed who rely on food programs are working families – at least one adult in the house works full-time, part-time or multiple jobs.

"I've spent nights sometimes where I can't sleep, because I'm trying to figure out **if I have enough to pay bills and get groceries to feed my kids.**"

- CANDICE FIELD

WHAT DOES IT MEAN TO BE POOR IN AMERICA?

Each year, the U.S. Census Bureau defines the federal poverty line, a set of income thresholds based on the number of people in a family. In 2015, the federal poverty line for a family of four was \$24,250, which is less than half the median American income of \$55,775.

Washington State Statistics



1 in 6 children are food insecure



Sumner-Bonney Lake School District

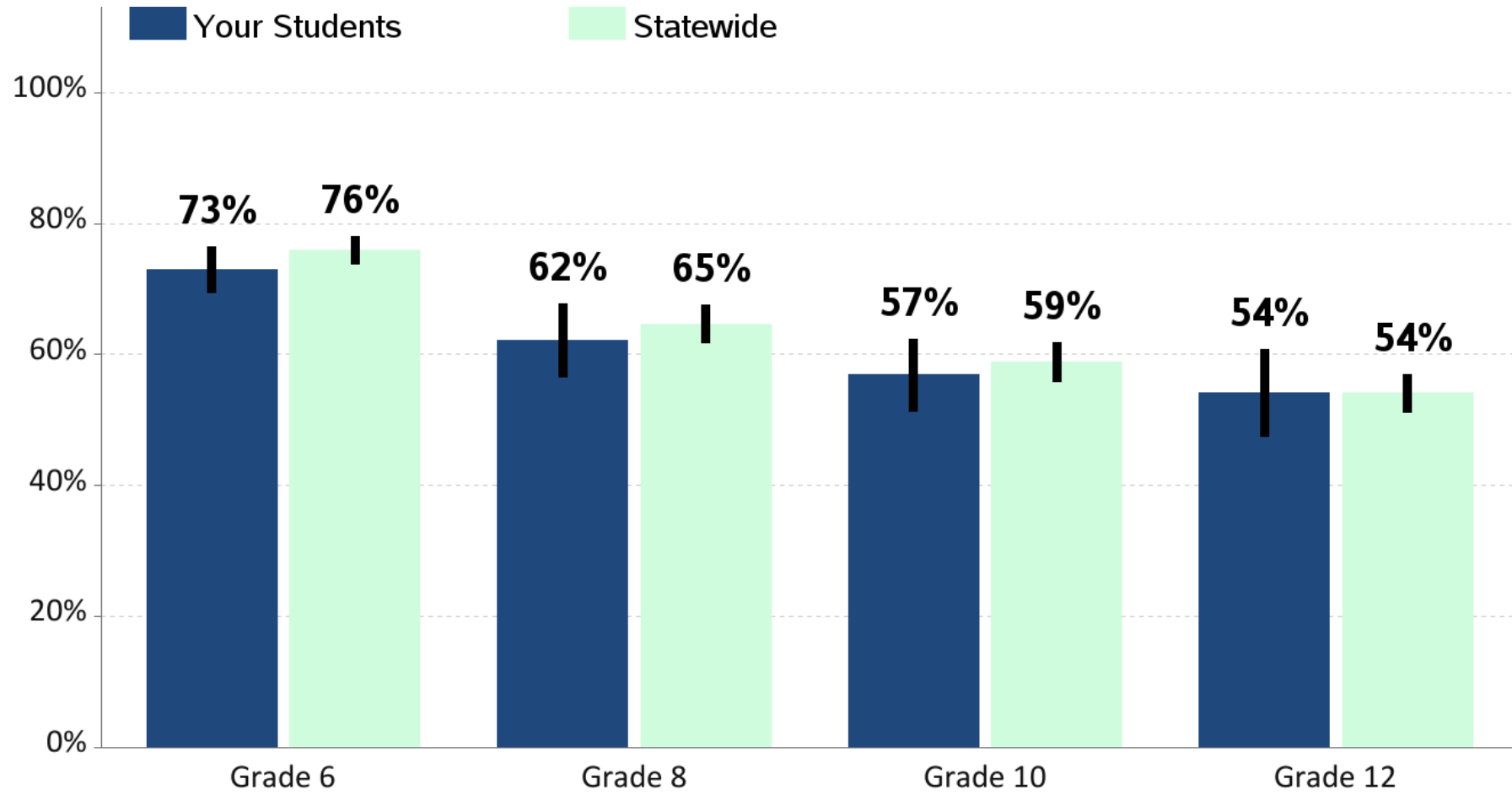
May 2019 Data Points



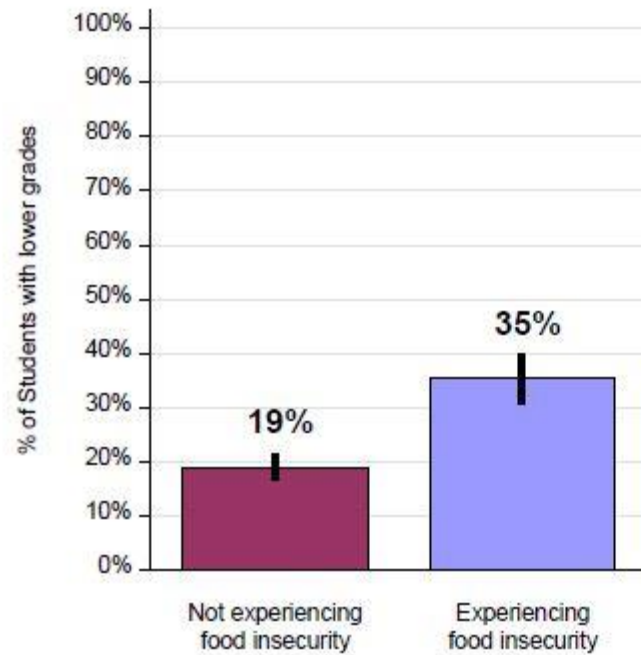


Eating Breakfast

Percent of students who report eating breakfast

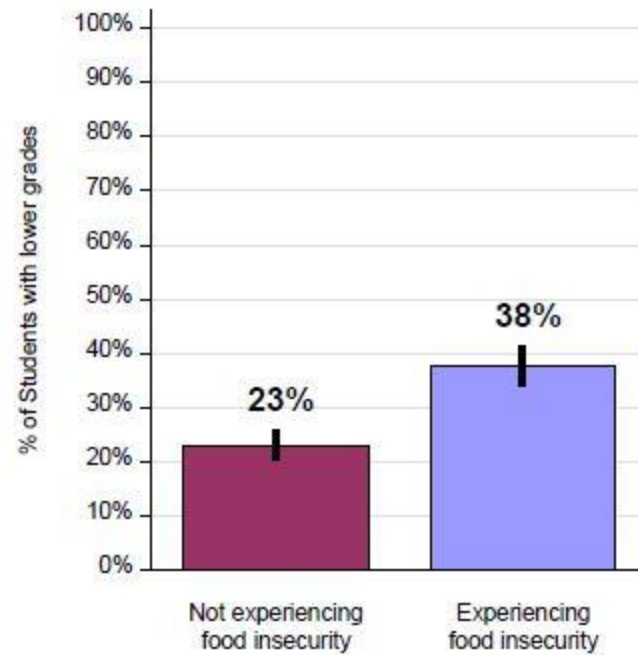


**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 8, 2018**



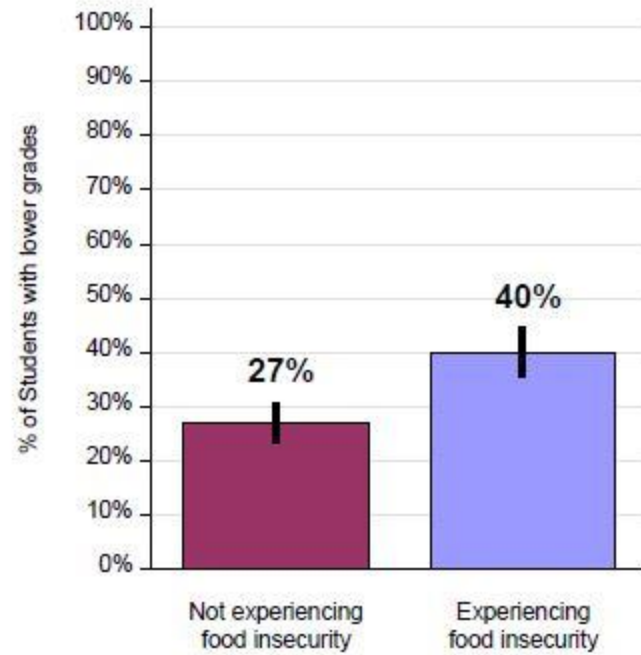
Statewide, more 8th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 10, 2018**



Statewide, more 10th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.

**Statewide Relationship between
Lower Grades and Food Insecurity
Grade 12, 2018**



Statewide, more 12th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.



Hunger / Nutrition Effects



Nutrition effects on children

Good Nutrition allows children to develop and grow. Lack of nutrition has lasting effects.

Physical

- Lack of necessary vitamins and minerals effects child developmental milestones:
 - Children may be shorter, underweight, have a lower immune system, or susceptible to more illnesses

Cognitive

- May have learning disabilities, Trouble focusing, or Lack of energy or motivation

Social

- May feel embarrassed or ashamed coming early to school for breakfast or receiving 'free' lunch
- May feel stress, anxiety, depression, or withdrawal
- May affect positive interaction with peers, and could result in fighting or stealing



Hungry Children in School

- Come to school tired or cranky, resulting in:
 - Behavioral or emotional issues
 - Classroom disruptions – affects entire classroom, teacher attention, and overall education environment
- Struggle academically
 - Lower math scores
 - May need to repeat a grade
 - Come to school late or frequent absenteeism
- May get bullied
 - Using ‘free’ lunch or breakfast’
 - Physical, Cognitive, or Social development differs from peers





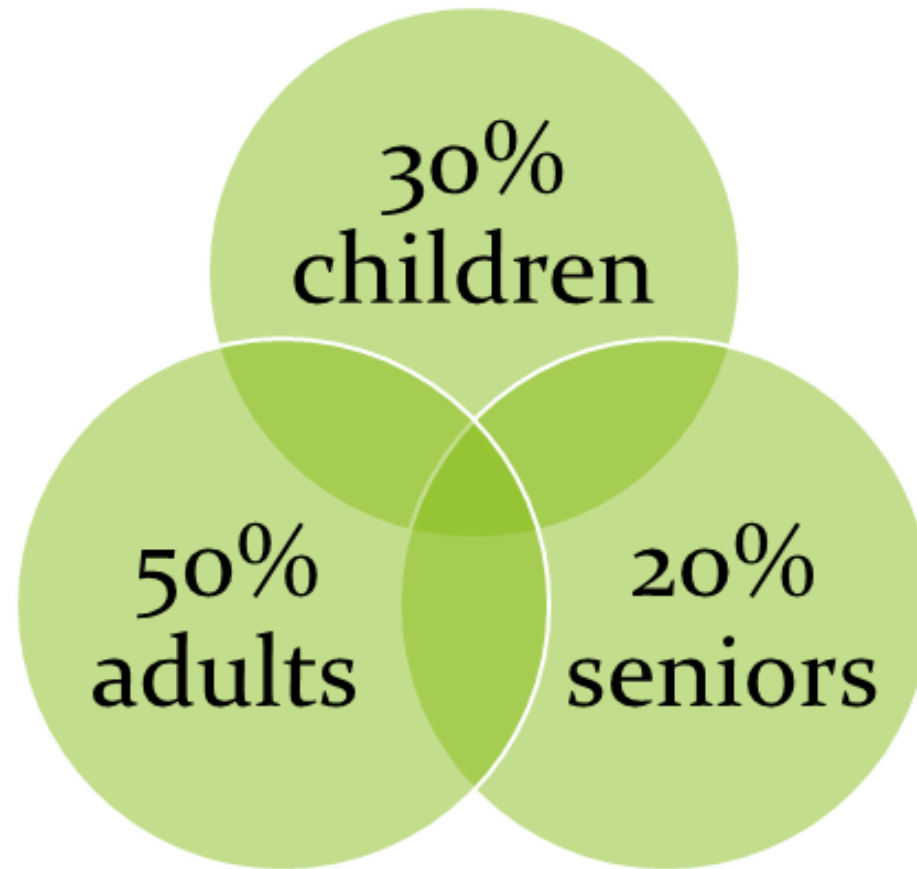
Why Bonney Lake Food Bank is Important

Bonney Lake Food Bank

Total Clients in 2018

Total Clients served =

42,448



Bonney Lake Food Bank

Child Clients

- 2018
 - 0-2 years old
 - 111 unduplicated clients
 - 1,073 duplicate clients
 - 3-18 years old
 - 1,143 unduplicated clients
 - 11,284 duplicated clients



How we are solving the problem of childhood hunger

- **The Food Pantry**

- Provides fresh fruit and vegetables; meats, seafood, and dairy products; and non-perishable foods (i.e., canned foods, peanut butter, pasta etc.)
- Also provides diapers and baby food when available

- **Kid's Backpack Program**

- Provide sacks of 'kid-friendly' food to over 200 students by Friday so they have food for the weekend.
- Children served in the following schools:
 - Elementary: Dieringer Heights, Emerald Hills, Bonney Lake, Victor Falls, Liberty Ridge
 - Middle School: Lakeridge and Mountain View
 - Bonney Lake Senior High



Why Food Banks are Important for our Youth as they move to adulthood

- Breaks the cycle for stronger economic Impact
 - Families that are food secure are able to spend extra \$\$ on other items - ripple effect on employment and economic vitality (SeattleTimes)
- Healthier Adults
 - Childhood hunger may lead to long-term health issues with adults; such as diabetes or heart disease
- Crime Rates drop
 - Generates substantial cost savings for law enforcement, courts, and incarceration facilities as well as potential positive impacts on social services
- More competitive workforce
 - Workers who experienced hunger as children create a workforce pool that is less competitive, with lower levels of educational and technical skills, and seriously constrained human capital



Source: <http://www.cardbc.com/employment-opportunities.jpg>

Source:

<https://www.seattletimes.com/sponsored/food-pantries-stimulate-economy-could-improve-college-graduation-rates/Feeding America/Children's HealthWatch Report>