



2010 Capital Area Food Bank Hunger Statistics

Who We Are

The Capital Area Food Bank is the hub for food sourcing, food distribution and nutrition education in the Washington, D.C. Metropolitan Area, serving those struggling with hunger. Through direct service and a network of nonprofit partners, the CAFB distributed 25 million pounds of food last year, including 8.8 million pounds of fresh produce.

Poverty

Poverty and hunger are directly correlated and we have found that those who live in poverty are at risk of or suffering from hunger.

- The 2009/2010 official federal poverty level for a family of three is an annual household income of \$18,310. 185% of poverty is \$33,873, a level at which people still struggle with hunger.
- The 2009/2010 official federal poverty level for a family of four is an annual household income of \$22,050. 185% of poverty is \$40,792, a level at which people still struggle with hunger. *(Issued annually by the Department of Health and Human Services.)*

Washington, D.C. Metropolitan Area

- In the Washington, D.C. Metropolitan Area, **1 in 6 residents** is at risk of or experiencing hunger; over 641,000 residents (16 percent) *(U.S. Census ACS 2006-2008)*
- The CAFB serves over 478,100 local residents who struggle with hunger, nearly a 25 percent increase over 2006. *(Hunger in America 2010, Mathematica Policy Research)*
- In the Washington, D.C. Metropolitan Area, **1 in 5 children** is at risk of or experiencing hunger; over 200,000 children, including 50,000 in the District alone. *(U.S. Census ACS 2006-2008)*
- 78 percent of all client households served by the CAFB have incomes less than \$35,000 per year *(Hunger in America 2010, Mathematica Policy Research)*
- 70 percent of all households served by the CAFB are food insecure* *(Hunger in America 2010, Mathematica Policy Research)*
- The CAFB is serving 88,400 people each week through partner agencies, an increase of 27 percent versus 2006. *(Hunger in America 2010, Mathematica Policy Research)*
- In 2009, calls to the *Hunger Lifeline*, our emergency food referral system, increased 71 percent vs. 2008.
- 5 percent of CAFB clients are elderly *(Hunger in America 2010, Mathematica Policy Research)*



- The Brown Bag program provides approximately 2300 senior citizens at 54 sites with monthly supplemental bags of food to meet their nutritional needs.
 - The D.C. metro area is home to 5 counties ranking in the top 30 for median household income, yet hunger continues to grow. (*U.S. Census American Community Survey, 2007*)
 - (2) Fairfax County, VA - \$105,241
 - (7) Arlington County, VA - \$94,876
 - (10) Montgomery County, MD- \$91,835
 - (13) Prince William County, VA - \$87,243
 - (27) Alexandria City, VA - \$80,806
 - (80) Prince George's County, MD - \$63,370
- * Nearby Loudoun County ranks #1 at \$107,207

Children and Hunger

- Over 200,000 (21 percent) children under 18 in the metro region struggle with hunger (*U.S. Census ACS 2006-2008*)
- Nearly **1 in 2 children under 18** in the District of Columbia is at risk of hunger (*U.S. Census ACS 2006-2008*)
- The poverty rate (185 percent of poverty) for children below 18 years of age in Washington, D.C. is **49.9 percent** versus **37.9 percent nationally**. (*U.S. Census, CPS, 2008 Annual Social and Economic Supplement (POV46)*)
- In Prince George's County, approximately **1 in 4 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- In Montgomery County, **1 in 6 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- In Northern Virginia, **1 in 6 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- The CAFB is now serving nearly 2000 children at 58 Kids Cafe sites across the region. KC is an after-school enrichment program that provides healthy snacks or meals to children.
- The Weekend Bag program is now serving nearly 900 children each week at 26 sites with take-home bags of nutritious food created to reduce hunger over weekends.
- Among households with school-age children in the CAFB's service area, 65 percent and 58 percent respectively, participate in federal school lunch and breakfast programs

The Working Poor

- 56 percent of households served by the CAFB have at least one employed adult (*Hunger in America 2010, Mathematica Policy Research*)
- 16 percent of those served own their homes, a decrease of 28 percent versus 2006 (*Hunger in America 2010, Mathematica Policy Research*)
- Just 5 percent of clients served by the CAFB are homeless (*Hunger in America 2010, Mathematica Policy Research*)



Trade-Offs

- In our service area, 50 percent of adults are actually skipping meals because they cannot afford food. (*Hunger in America 2010, Mathematica Policy Research*)
- 40 percent of clients reported having to choose between buying food and other necessities like rent/mortgage, utilities, medical care or transportation (*Hunger in America 2010, Mathematica Policy Research*)

The District of Columbia

- 1 in 3 residents in the District is at risk of hunger (*U.S. Census ACS 2006-2008*)
- The average monthly food stamp benefit for individuals in the District is \$128.66 and for families, \$234.88. (*USDA FNS 2009*)
- Food stamps last, on average 2 ½ weeks (*Hunger in America 2010, Mathematica Policy Research*)
- 70 percent of clients served report that food purchased with food stamps does not last and they do not have money to buy more (*Hunger in America 2010, Mathematica Policy Research*)
- About 40 percent of households with senior citizens are at risk of hunger (*Hunger in America 2010, Mathematica Policy Research*)

Northern Virginia

- Over 217,000 people (about 13 percent) are at risk of hunger in Northern Virginia. (This includes Alexandria City, Arlington, Fairfax County, Manassas City and Prince William County.) (*U.S. Census ACS 2006-2008*)
- In Northern Virginia, **1 in 6 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- In Fairfax County, ranked 2nd nationally for highest median household income, over **109,000** residents are at risk of or experiencing hunger. (*U.S. Census ACS 2006-2008 and U.S. Census American Community Survey, 2007*)

Suburban Maryland

- More than 257,000 residents (about 15 percent) in Montgomery and Prince George's Counties in Maryland are at risk of or experiencing hunger. Of these, **46 percent** live in Montgomery County, ranked 10th nationally for highest median household income. (*U.S. Census ACS 2006-2008 and U.S. Census American Community Survey, 2007*)
- In Suburban Maryland, approximately **1 in 5 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)



- In Prince George's County, approximately **1 in 4 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- In Montgomery County, **1 in 6 children under 18** is at risk of hunger (*U.S. Census ACS 2006-2008*)
- In the state of Maryland, approximately 900,000 residents are at risk of hunger at 185% of poverty.

National

- 82.6 million Americans are at risk of or suffering from hunger and are living at or below 185% of poverty. (*U.S. Census ACS 2006-2008*)
- 26.5 million children under 18 years of age are at risk of or suffering from hunger nationally and are living at or below 185% of poverty. (*U.S. Census ACS 2006-2008*)
- 10.6 million senior citizens in America are at risk of or suffering from hunger and are living at or below 185% of poverty. (*U.S. Census ACS 2006-2008*)
- The average monthly Food Stamp benefit is \$124.45 per person – about \$1.38 per meal for participants. (*USDA FNS 2009*)
- The USDA Food Stamp monthly minimum disbursement is \$16. (*USDA FNS 2009*)

The Capital Area Food Bank

- Last year, the Capital Area Food Bank distributed 25 million pounds of food including 8.8 million pounds of fresh produce (*FY2008/2009*)
- The CAFB serve over 2.1 million meals each month
- Over **84,000** pounds of food is distributed through both warehouses daily, resulting in over **500,000** pounds distributed each week. Currently, 70 fresh produce drops are delivered each month to 40 sites in low income neighborhoods.
- 92 cents of every \$1 donated is used for food distribution, transportation and programs
- Over **1000** adults and children receive nutrition education and other life skills training through food bank programs each year.



Volunteers

- Over **12,000** volunteers support our efforts each year resulting in a savings of over **\$729,000** in staffing costs. They are truly a crucial piece of our 'community response to hunger' and are all ages, from all walks of life - school groups, faith-based organizations, businesses, retirees, individuals and families.
- Most of the Capital Area Food Bank partner agencies are dependent upon volunteers.
 - 65 percent of pantries, 29 percent of kitchens and 19 percent of shelters rely completely on volunteers and have no paid staff
 - 76 percent of CAFB partner agencies are faith-based organizations
(*Hunger in America 2010, Mathematica Policy Research*)

Agencies

- With over **700 partner agencies**, nearly 300 of those programs are in the District; approximately 175 programs are in Northern Virginia and served by our Lorton warehouse; and more than 215 programs are in Maryland, serving Prince George's and Montgomery counties.
- 76 percent of CAFB partner agencies are faith-based organizations
(*Hunger in America 2010, Mathematica Policy Research*)
- The Capital Area Food Bank is the single most important source of food for partner agencies, though they report that the need outpaces what the food bank is able to provide.
(*Hunger in America 2010, Mathematica Policy Research*)
 - 74 percent of the food that pantries distribute is sourced from the CAFB
 - Our agencies have told us that without the nourishing food that the food bank provides, the under-resourced programs they run on shoestring budgets might cease to exist
- Many of our 700 partner agencies are reporting that they are seeing a tremendous increase in need for food for their clients, from 30 percent to 100 percent. This increase is due to several factors – job loss, the economy, the high cost of housing, lack of healthcare and more.

'Til No One is Hungry Capital Campaign

The need for the food bank's services in the Washington metropolitan area is large, and it continues to grow at an alarming rate. Partner agencies need more food than ever before for their expanding client bases: a 2010 study conducted by Mathematica Policy Research, Inc. revealed that between 2006 and 2010, there was a 25 percent increase in the number of people we served. But this doesn't tell the whole story because the data was collected in 2008 at the beginning of the economic recession. The need is certainly greater now as job losses continue to mount and utility, housing, transportation and food prices soar.

To meet this rising need, the food bank launched a capital campaign that will allow us to create a new food distribution warehouse and provide a more sustainable response to hunger. The new facility will mean a higher quality of food, more efficient operations, and better service to partner agencies. It will



also mean a higher *quantity* of food, enabling the CAFB to accept and distribute twice as much product to those in our community who lack access to adequate nutrition.

Other Facts

- In 2003, the Capital Area Food Bank was named one of the 20 Best Charities in the Region by *Washingtonian* Magazine. What wasn't revealed in the article was that 9 out of the other 19 charities profiled are our partner-agencies and are dependent on food and other necessities from the CAFB to sustain the meal portion of their client services.
- Founded on MLK Day in 1980, the Capital Area Food Bank has served the National Capital region for **30 years** and is a part of Feeding America, a national network of more than 200 food banks.

*Government agencies that utilize measures greater than poverty include: The Department of Health and Human Services, the Department of Agriculture, the Department of Energy, the Department of Labor, the Corporation for National and Community Service and the Legal Services Corporation.

* Food Insecurity:

Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

Very low food insecurity:

Reductions in food intake or disruptions in eating patterns due to a lack of adequate resources for food.

Definition of Poverty: The Capital Area Food Bank defines poverty based upon 185% of the poverty guidelines. This means that a household may earn up to 185% of the U.S. government's standard of poverty and still be considered "in poverty." This measure (and other multiples such as 125%, 150% and even 200% of poverty) is utilized to determine eligibility for many government programs.

CapitalAreaFoodBank.org