



# FEEDING NEW JERSEY: A LOOK AT HOW WE FIGHT HUNGER TOGETHER

## PROBLEM

### Hunger Exists in Every New Jersey County

More than **41 million Americans are food insecure**, which means they don't know if they have enough to feed themselves and their families.

### Close to one million of them live in New Jersey.

Nearly 300,000 New Jersey children (almost 1 in 7 kids) don't have enough food to eat, which has a direct effect on their physical and mental health. They struggle to concentrate in school, exhibit behavioral issues, and have an increased propensity for medical problems.

Seventy-four percent of households the FoodBank serves live below the poverty level. For a family of four, that means they're living on an annual income of about \$24,600. They often make tough choices, deciding between food and other necessities.

 **75%**  
of people we feed often purchase inexpensive and unhealthy food to cope.

 **77%**  
often choose between utilities and food.

 **73%**  
often choose between medicine and food.

 **70%**  
often choose between housing and food.

The face of hunger is ever-changing. Today, we see overweight and under-nutritioned children in food-insecure households because their families often can only afford to purchase inexpensive and unhealthy food.

## SOLUTION

### Providing Food, Help and Hope – Together

The FoodBank started in the back of our founder's station wagon and is now the largest anti-hunger and anti-poverty organization in New Jersey. It has provided people across the state with food, help and hope for more than 40 years.

Today, the Community FoodBank of New Jersey has 150 employees who fight hunger every day. We purchase and collect food for distribution; package food orders for local soup kitchens and food pantries; help people in need through SNAP (food stamps) application assistance; reach communities with limited resources with mobile pantries; and encourage others to get involved.

The FoodBank's warehouses – in Hillside and Egg Harbor Township – are the size of five football fields (total) and act as the hubs that bring in and distribute food.

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**THE FOODBANK PROVIDES FOOD TO MORE THAN 1,000 COMMUNITY PARTNERS – LIKE LOCAL SOUP KITCHENS, FOOD PANTRIES AND SHELTERS – THAT SERVE PEOPLE IN NEED IN THEIR NEIGHBORHOODS.**

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Last year, the FoodBank distributed more than **50 million pounds of food**, 25 percent of which was fresh produce. The FoodBank is expanding its "hunger as a health issue" initiative – providing more fruits and vegetables, nutrition education and medical screenings to inspire and create positive lifestyle choices.

## WHERE OUR FOOD COMES FROM



DONATED



GOVERNMENT



PURCHASED

In addition to working with local distribution organizations, the FoodBank has an array of programs that help meet the need, including:

### CHILD FEEDING PROGRAMS

**Kids Cafes:** Children receive nourishing after-school meals every day to make sure they don't sleep on empty stomachs. The program, which also includes a nutrition education component, combats hunger and its health effects for thousands of New Jersey children.

**Family Packs:** Weekends and days off are especially tough for hungry children and their families. Family Packs provide households with bags of supplemental food for the weekend, when kids miss school meals.

**Summer Food:** Schools and other public places (i.e. Boys & Girls Clubs, libraries, and recreation centers) serve breakfast and lunch to children at risk of going hungry during the summer, when they don't receive the school food they rely on. Last summer, the program provided more than 123,000 meals.

**School Pantries:** The FoodBank partners with schools in high-need districts to make healthy food more accessible to struggling families through on-site pantries.

### JOB TRAINING PROGRAM

**Food Service Training Academy:** This free, 16-week culinary and life skills program provides students with the foundation to a better life and teaches them about communication, nutrition and healthy cooking. It started in 2000 and has since graduated more than 1,000 students with a job-placement rate of over 90 percent.

### ADDITIONAL FEEDING PROGRAMS

**Senior Boxes:** Monthly boxes of supplemental food reach seniors who live on fixed incomes that don't provide enough for their daily needs and face mobility challenges.

**Mobile Pantry:** This program brings food directly to areas in South Jersey where there are not enough food pantries and soup kitchens to address the need.

**New Initiatives:** Healthy Families Farmers Markets and Food, Health and Hope: An Answer To Diabetes are two new programs that support the FoodBank's "hunger as a health issue" initiative.

## KEY TO SOLVING HUNGER

### Support From Our Community

**Volunteer:** Last year, the FoodBank had close to 45,000 volunteer visits. They donated over 105,000 hours – equivalent to about 53 full-time employees. Activities include sorting through donated food and assembling food packages for children. Volunteers are the lifeblood of the FoodBank.

### Donate Funds:

Every \$1 donation allows the FoodBank to provide \$8 worth of groceries for people in need. And, 95 percent of the funds the FoodBank receives go to support hunger-fighting programs.

\$1 =   MEALS

### Donate Food:

Fight hunger and reduce waste by donating food as a retailer (Retail Gleaning Program) or individual. You can also start a traditional or virtual food drive and encourage others to get involved.

### DIY Fundraisers:

Create your own event to benefit the Community FoodBank of New Jersey (i.e. happy hour or dress-down day at work).

### Spread Awareness:

Hunger is a 365-day-a-year issue that impacts us all. Share information about hunger and the work of the FoodBank through your social channels.

For more information or to help fight hunger, please contact our Resource Development Office at 908-355-3663.

[cfbnj.org](http://cfbnj.org)

