

CNSA Populations and Global Health Committee: Food Insecurities Webinar Links

How YOU can help:

- Educate yourself: attend meetings and do your research!
- Participate in outreach programs: go out into your community and have discussions, educate others, donate, and volunteer. Building connections and helping your community is a great place to start!

What is currently being done to combat food insecurities:

- Programs such as CalFresh and Farm to Fork help provide people with the means and access to food:
<https://letsgethealthy.ca.gov/food-security/>
- Programs to support struggling families who may have lost their jobs during the pandemic, with resources specifically for children as well who typically rely on school lunches:
<https://www.careinnovations.org/resources/food-insecurity-in-the-time-of-covid-19-a-california-primer/>
- Feeding America- food banks, food pantries, and meal programs to feed those in need:
<https://www.feedingamerica.org/our-work/food-bank-network>
- Donate or volunteer- this is the easiest way to individually make an impact:
<https://www.feedingamerica.org/take-action>
- More hunger relief organizations:
<https://www.nal.usda.gov/fnic/hunger-relief-organizations>

Local and Nationwide Resources:

- What is food insecurity:
<https://www.cafoodbanks.org/hunger-data/#:~:text=California%20produces%20nearly%20half%20of,for%20a%20healthy%2C%20active%20life>
- Hunger stats and food banks in California: <https://www.feedingamerica.org/hunger-in-america/california>
- Food banks by county: <https://www.cdss.ca.gov/food-banks>
- Where to find food: <https://www.cafoodbanks.org/find-food/>
- Food insecurities during the pandemic: <https://www.providence.org/news/uf/635828098> and
<https://www.careinnovations.org/resources/food-insecurity-in-the-time-of-covid-19-a-california-primer/>
- Red Nose Day- help end hunger in America:
https://rednoseday.org/news/what-is-food-insecurity-and-how-does-it-impact-kids?gclid=CjwKCAiAr6-ABhAfEiwADO4sfRiXHRQPby_AIpPn0gL34sqsqR6OU5J2W0TleNdBi2CYG-OxJnL6bxoCtooQAvD_BwE

Other Resources we gathered our information from:

- California Association of Food Banks. (2021). *Hunger Data*. California Association of Food Banks.
<https://www.cafoodbanks.org/hunger-data/>
- Food Research and Action Center. (2017). *The Impact of Poverty, Food Insecurity, and Poor Nutrition on Health and Well-Being*.
<https://frac.org/wp-content/uploads/hunger-health-impact-poverty-food-insecurity-health-well-being.pdf>
- U.S. Department of Health and Human Services. (2021). *Economic Stability*. Economic Stability - Healthy People 2030.
<https://health.gov/healthypeople/objectives-and-data/browse-objectives/economic-stability>
- Feeding America. (2021). *Hunger in California*. Feeding America. <https://www.feedingamerica.org/hunger-in-america/california>
- Let's Get Healthy California. (2020, January 19). *Food Security*. Let's Get Healthy California.
<https://letsgethealthy.ca.gov/food-security/>
- Peters, A. (2020). *This app connects low-income families with free fruit and vegetables*. Fast Company.
<https://www.fastcompany.com/90533731/this-app-connects-low-income-families-with-free-fruit-and-vegetables>
- California Department of Social Services. (2021). *Benefits & Services*. CalFresh. <https://www.cdss.ca.gov/calfresh>
- United States Department of Agriculture. (2020). *Food Security and Nutrition Assistance*. USDA ERS - Food Security and Nutrition Assistance.
[https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-security-and-nutrition-assistance/#:~:text=I%202019%2C%2089.5%20percent%20of,than%202018%20\(11.1%20percent\)](https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-security-and-nutrition-assistance/#:~:text=I%202019%2C%2089.5%20percent%20of,than%202018%20(11.1%20percent))