

GROWING YOUR COMMUNITY

content packet



FOOD INSECURITY



key terms

- Hunger
- Food access
- Community food assessment
- Food desert
- Poverty
- Food and Nutrition Assistance



background information

According to the United States Department of Agriculture, 12.7 percent, or 15.8 million, U.S. households were food insecure in 2015. Numbers in the millions are staggering and can have a numbing effect when thinking about your own community. However, food insecurity happens in every community in the United States. Being food insecure simply means that the person or family is unsure of their ability to get adequate food due to insufficient money or other resources.

Hunger is one of the outward signs of being food insecure, but there are many other pieces of the food insecure puzzle. Community economics, poverty, income volatility, and food and nutrition programs are all part of the puzzle in some way.



additional information

- Feeding America’s “Understanding Food Insecurity”: <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>
- United States Department of Agriculture’s “Food Security in the U.S.”: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us>
- National Geographic’s “The New Face of Hunger”: <http://www.nationalgeographic.com/foodfeatures/hunger/>
- The National Academies Press’ “Food Insecurity and Hunger in the United States”: <https://www.nap.edu/read/11578/chapter/5>
- Aspen Institute’s “Childhood Food Insecurity in the U.S.: Trends, Causes, and Policy Options”: https://assets.aspeninstitute.org/content/uploads/files/content/docs/ee/N.Childhood_Food_Insecurity_in_the_U.S..pdf
- No Kid Hungry: <https://www.nokidhungry.org/>



COMMUNITY PARTNERSHIPS



key terms

- SWOT Analysis
- Resources
- Goals
- Community



background information

There is an old African proverb that says, “If you want to go quickly, go alone. If you want to go far, go together.” The benefit of working together with other members of your community can far exceed individual efforts; this applies to all efforts in a community. When working within your community, it’s important to use strategic outreach and plan for your interactions. Be prepared with goal statements, future plans, and other questions that potential partners may ask. Don’t hesitate to ask for specific needs for the project.



additional information

- Community Tool Box's "Creating and Maintaining Partnerships": <http://ctb.ku.edu/en/creating-and-maintaining-partnerships>
- Perdue's "Planning Community Partnerships": <https://owl.english.purdue.edu/owl/resource/1013/1/>
- Mind Tools' "SWOT Analysis": https://www.mindtools.com/pages/article/newTMC_05.htm
- Virginia Commonwealth University's "Living in a Food Desert Documentary": <https://youtu.be/jicYbi-8ZNU>
- United States Department of Agriculture's "Community Food Assessment Toolkit": <https://www.ers.usda.gov/publications/pub-details/?pubid=43179>
- American Community Gardening Association's "10 Steps to Starting a Community Garden": <https://communitygarden.org/resources/10-steps-to-starting-a-community-garden/>
- University of New Hampshire Cooperative Extension's "Starting/Maintaining a Community Garden": <https://extension.unh.edu/Community-Gardens/StartingMaintaining-Community-Garden>

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REFERENCES

¹U.S. Department of Agriculture, Economic Research Service. (2016). *Food security in the U.S.: Key statistics and graphics*. Retrieved from <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics/#foodsecure>