



# Poverty And Its Impact On Food

7<sup>th</sup> Grade LEAP Service Project  
Food For Thought Unit

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# Importance of Food

- Food is needed by the human body for energy, to repair and build cells and to prevent sickness and heal from it.
- A poor diet is associated with major health risks that can cause illness and even death.
- Without food, there is no survival.

# How is Food Connected to Poverty?

- Poverty is the driving factor in the lack of resources to purchase or otherwise procure food.
- Poverty, combined with other socioeconomic and political problems, creates the bulk of food insecurity.
- Poor families have limited food budgets and choices.

# How is it Connected to Poverty?

- Many health disparities in the United States are linked to inequalities in education and income.
- Obesity is especially rampant among Americans with the lowest levels of education and the highest poverty rates.

# What is Poverty?

## American Myths on Poverty:

- *Myth: America is the land of opportunity and if you work hard enough, you will succeed and move up the ladder of success.* **Truth: Only 35 % of poor children will be middle class as adults.**
- *Myth: Americans take care of their poor.* **Truth: Compared to other Western industrialized nations, we have one of the highest poverty rates and spend the least on social programs to help the poor.**
- *Myth: Poverty is something that happens to the lazy.* **Truth: Close to half of Americans will experience poverty in their lifetime.**
- *Myth: Poor people don't work.* **Truth: Two out three families in poverty have one or more employed.**

# What is Poverty?

Poverty is defined as the state or condition of having little or no money, goods, or means of support; condition of being poor.

- Poverty threshold (line), is the minimum level of income deemed adequate in a particular country.
- Federal poverty levels are used to determine your eligibility for certain programs and benefits.
- Programs using the guidelines in determining eligibility include:
  - Head Start
  - Supplemental Nutrition Assistance Program (SNAP)
  - National School Lunch Program
  - Low-income Home Energy Assistance Program
  - Children's Health Insurance Program

# What is Poverty?

## American Poverty Statistics:

- US population 2011: 312,408,474
- 49 million—including 16.7 million children—are having trouble putting food on the table.
- 91.6 million (30% of the population) in poverty at 200% of the Federal Poverty Level—equal to the entire populations of California, Iowa, Texas, New York and Massachusetts combined.

# What is Poverty?

## American Poverty Statistics:

- Over one in six Americans live in poverty.
- Over half of Americans will live in poverty sometime during their lives.
- In America, a family needs twice the federal poverty level to provide basic needs.
- More adult children are returning to live with their parents to save money.
- Poverty rates among the elderly have risen 20%.



# How Do We Add Up?

According to the Atlanta Community Food Bank and Feeding America's Hunger in America 2014 report:

- 1 in 7.5 people, people, in metro Atlanta and north Georgia turn to food pantries and meal service programs to feed themselves and their families each year.
- 56% of client households report monthly incomes of less than \$1000.
- 28% of respondents have faced foreclosure or eviction in the past five years.
- Among all households served by Atlanta Community Food Bank agencies and programs, 59% have at least one member who has been employed in the past year.

# What is Food Insecurity?

Food insecurity - is defined by the USDA as, “a household-level economic and social condition of limited or uncertain access to adequate food.”

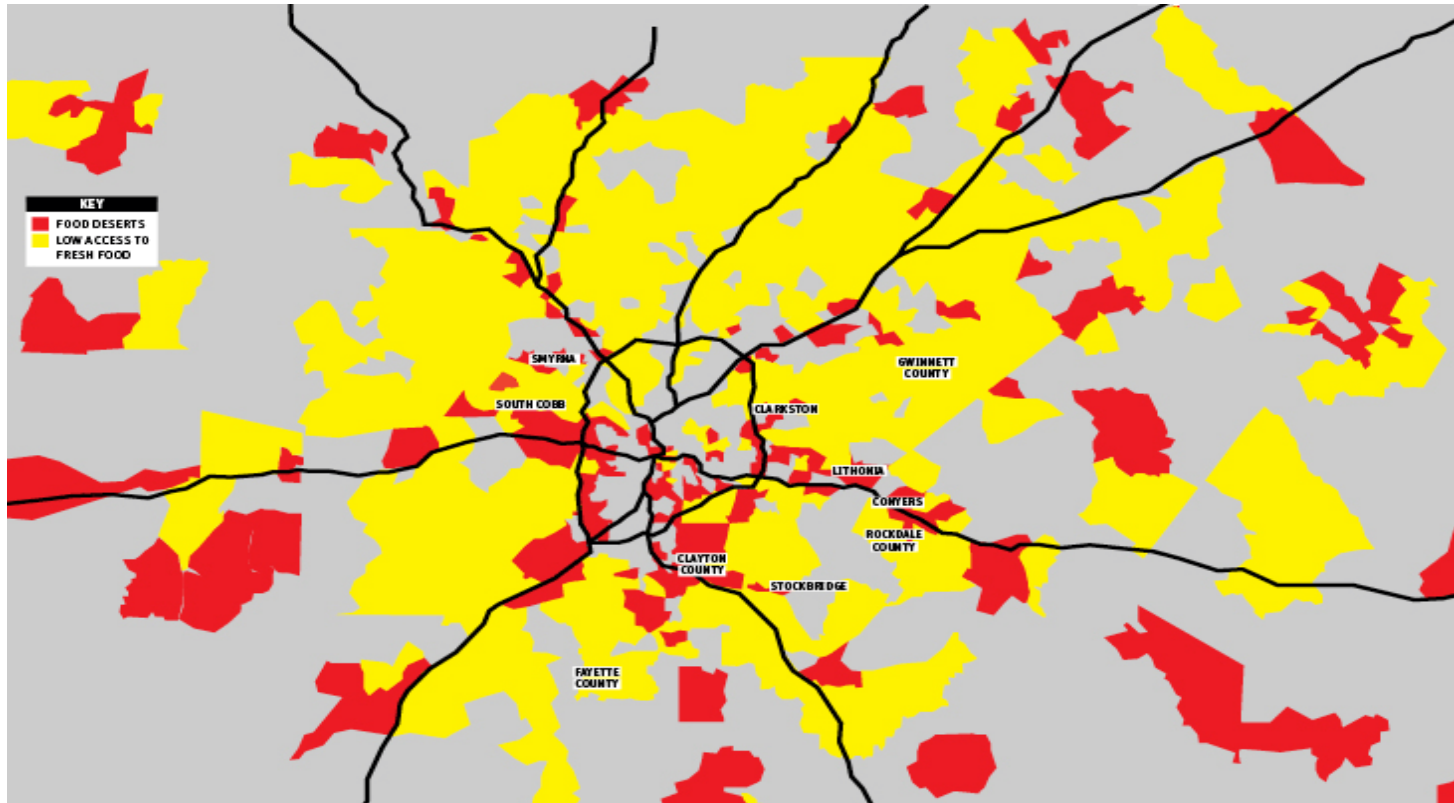
- The USDA reported that 14.5 percent of American households were food insecure at least some time during 2010.
- Certain groups are particularly vulnerable to food insecurity, including women (especially low income pregnant and lactating women), victims of conflict, the ill, migrant workers, low-income urban dwellers, the elderly, and children under five.

# What is a Food Desert?

Food deserts are defined as urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food.

- USDA's Economic Research Service estimates that 23.5 million people live in food deserts. More than half of those people (13.5 million) are low-income.
- In Fulton County 30% of residents live in an area classified by the USDA Economic Research Service as a food desert.

# Atlanta's Food Desert



Red=20 percent poverty rate and in which at least one third of residents live a mile from a grocery store.

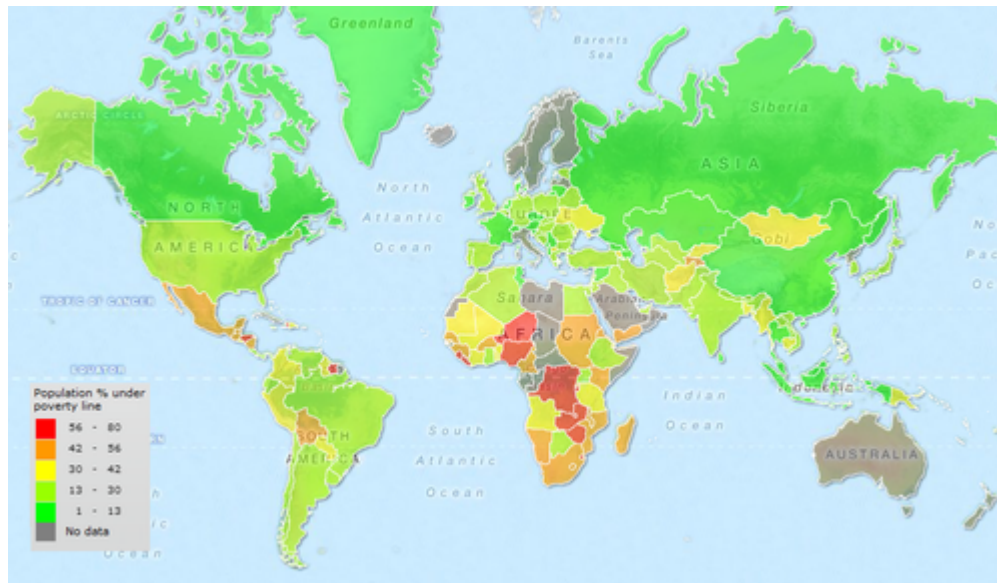
Yellow =Neighborhoods where at least a third of residents live more than one mile from a grocery store (ten miles in rural areas).

# How Do We Add Up?

Further findings of the report include:

- 76% report choosing between paying for food and paying for utilities.
- 82% report making choices between paying for food and paying for transportation.
- 62% report choosing between paying for food and paying for housing.
- 39% report choosing between paying for food and paying for education expenses.
- 86% of households report purchasing inexpensive, unhealthy food because they could not afford healthier options.
- 73% report choosing between paying for food and paying for medicine/medical care.
- 40% of households include a member with diabetes.

# What Percentage of the World lives on or Below \$1.50 a Day?



# What Can \$.50 Buy?



From the McDonald's Dollar Menu

# What Can \$.50 Buy?





# What Can \$.50 Buy?



**INGREDIENTS:** CORN, CORN OIL, AND SALT.  
NO PRESERVATIVES.

## Nutrition Facts

Serving Size 1 oz. (28g/About 32 chips)  
Servings Per Container 3

Amount Per Serving

**Calories 160**      Calories from Fat 90

% Daily Value\*

**Total Fat 10g**      **16%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 170mg**      **7%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 1g      **4%**

Sugars less than 1g

**Protein 2g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Vitamin E 6%      •      Vitamin B6 2%

Phosphorus 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat      Less than 65g      80g

Sat Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:  
Fat 9      •      Carbohydrate 4      •      Protein 4

# What Can \$.50 Buy?



# What Can You Do?



# What is Poverty?

## 2015 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

Persons in family/household	Poverty guideline
1	\$11,770
2	15,930
3	20,090
4	24,250
5	28,410
6	32,570
7	36,730
8	40,890

For families/households with more than 8 persons, add \$4,160 for each additional person.

# What is Poverty

## American Poverty Statistics:

- US poverty grew at twice the rate of US population growth.
- District of Columbia has the highest rate of poverty in the country.
- The US has the largest number of billionaires in the world: 413. One in three billionaires is American.

# What is Poverty?

## American Children and Poverty:

- One in four children in the US live in poverty with 194 million children receiving free or reduced price lunch.
- One out of every four children is at risk of going hungry.
- Less than half to the children receiving free or reduced lunches have had breakfast before heading off to school.
- Half of all American children will at some point in their childhood receive Supplemental Nutrition Assistance Program (SNAP) benefits before they turn 20.

# What is Poverty?

- Half of American children born receive WIC benefits.
- Half of all American children will receive food stamp benefits sometime before they turn 20.
- US has highest child poverty rate of any industrialized nation.
- Children are the largest population of poor in the nation.

# How Do We Add Up?

The perils of “food swamps”

- When the only food available is high in calories and low in nutrition, health suffers.

357

- The average number of calories in snacks bought by grade-school children at urban corner stores, according to a study in Pediatrics. Those calories were cheap: Kids spent an average \$1.07—on candy, chips, and sweetened drinks. The conclusion: The rate of childhood obesity in lower-income neighborhoods is related to the prevalence of convenience stores.

70%

- Rate of obese children who have at least one cardiovascular disease risk factor; 39 percent have two or more.

\$2.1 billion

- The amount spent annually in Georgia to treat obesity-related diseases. By 2030, the adult obesity rate could be 54 percent—up from 29 percent.



# How Do We Add Up?

50%

- of food stores in Vine City/English Avenue stocked no fresh fruits or vegetables.  
Source: Georgia State University research

19.2 tons

- of produce was delivered to 4,800 residents of sixteen food desert neighborhoods last year via Fulton Fresh—EMS vehicles transformed into mobile farmers markets.

40 grocery stores

- serve all of Clayton County—compared with 175 in Fulton County. With no public transit, many Clayton residents have no choice but to shop at the county's 152 convenience stores.

75,000

- residents of Cobb County live in food deserts. According to the USDA, the metro counties with the highest rates of low-income residents and low access to grocery stores are Clayton, Rockdale, and Douglas.

See more at: <http://www.atlantamagazine.com/great-reads/mapping-the-terrain-of-atlantas-food-deserts/#sthash.xH6lPTCJ.dpuf>