

COMMUNITY CONVERSATIONS

Join us on Zoom to engage in a conversation about food access.

TUESDAY, MARCH 7, 2023 AT NOON



Register: ChesCoCF.org/Explore/Food-for-Thought





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Board, West Chester Food Cupboard
Board, Chester County Community Foundation



Maggie McGill

Board, West Chester Food Cupboard



SCHEDULE

12 | Welcome & Overview

12:05 | Topic Overview

12:30 | TED Talk

12:50 | Breakout Rooms

Thanks To Our Promo Partners





Feeling the pinch from inflation: food banks are feeding more families | USA TODAY



[Feeling the pinch from inflation: food banks are feeding more families](#)

Even with inflation easing, families are still relying on food banks to help feed their families. Over a period of a year, grocery prices rose 13.1%.



Economic, food insecurity following many into 2023



[Economic, food insecurity following many into 2023](#)

Economic indicators show record inflation is cooling, but the price of everyday purchases remains high.



Food Insecurity: A household that is without reliable access to a sufficient quantity of affordable, nutritious, and culturally appropriate food at any given time

Hunger: A personal, physical sensation of discomfort caused by insufficient food to meet basic nutritional needs for a sustained period

Key elements of food security include:

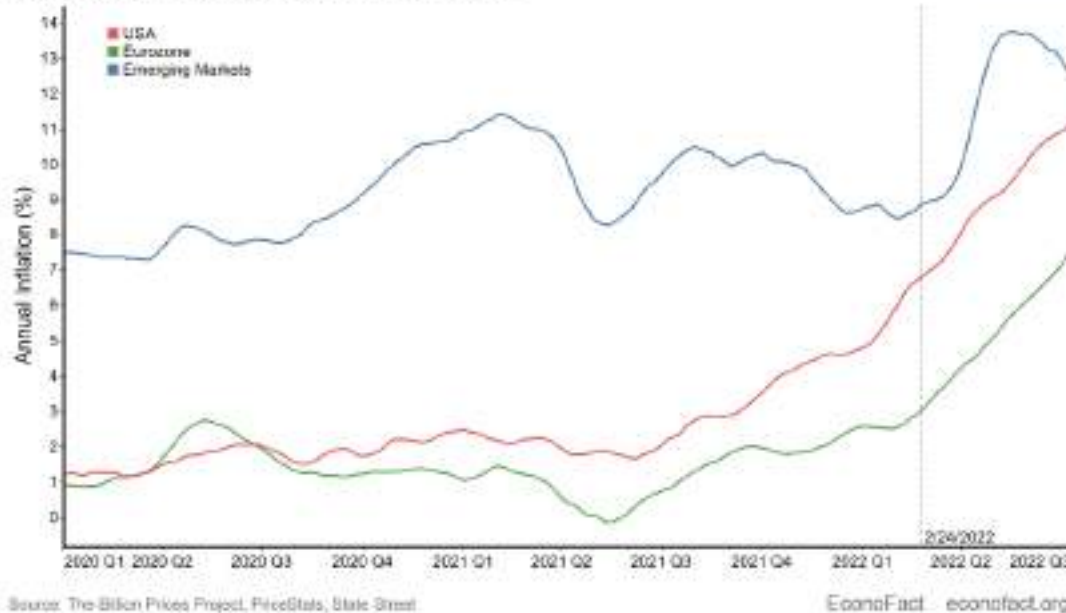
1. Availability
2. Access
3. Utilization/Consumption





ANNUAL INFLATION OF FOOD PRICES

DAILY INDEXED VALUES, JAN. 2020–JULY 2022



- Food prices started to increase in mid-2021 as higher distribution costs, **labor shortages**, commodity **price increases**, and persistent shortages affected the sector.
- In 2022, this trend was exacerbated by the **war in Ukraine**.

Greedflation

The potential exploitation of inflationary pressures by certain food producers, who may be unjustifiably increasing prices and engaging in profiteering to the detriment of low-income consumers.



Extreme Weather

Diseases Impacting Crops & Livestock

Supply Chain Complications

The recent increase in egg prices is a result of the rising costs associated with key operations within the poultry industry, such as maintaining optimal temperatures for birds and chicks, and transportation.

→ *The latest data from the U.S. indicates a 79% increase in egg prices over the past 12 months*

Bill Beam of Chester County, who owns or leases thousands of acres for corn, soybean, wheat and hay farming, said his costs to produce crops went up by \$94 an acre.

<https://www.mcall.com/news/pennsylvania/capitol-ideas/mc-ews-pa-agriculture-inflation-hearing-20220824-wo54btlx6nchjpx2uccsccrpe-story.html>

What Does Food Insecurity In PA Look Like?



In Pennsylvania, 1,136,400 people are facing hunger - and of them 347,720 are children.

1 in 11 people



face hunger.

1 in 8
children

face hunger.

People facing hunger in
Pennsylvania
are estimated to report needing

\$614,301,000

more per year to meet their food needs.

 FEEDING
AMERICA

<https://www.feedingamerica.org/hunger-in-america/pennsylvania>

“Though many of us may not realize the grave disparities that exist in our own communities, people face hunger in every county and congressional district in Pennsylvania. They could be our neighbors, kids in our children's classes – the possibilities go on.”

Let's take a look a little closer to home...



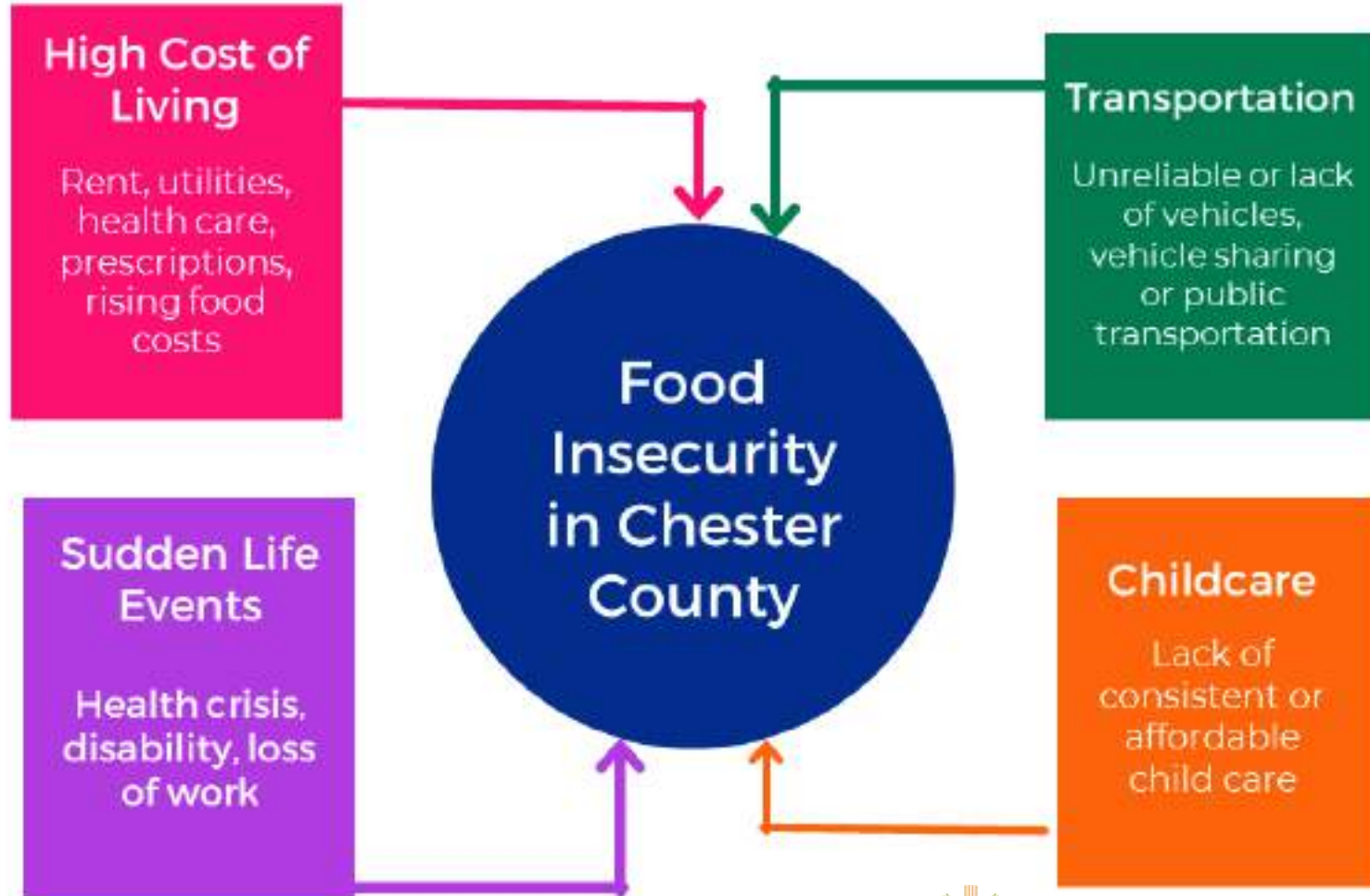
Minimum wage in Chester County = **\$15,080 annually** (\$7.25/hour)

Living wage for a family of four with **two working parents** = **\$53,019.20 annually** (\$25.49/hour)

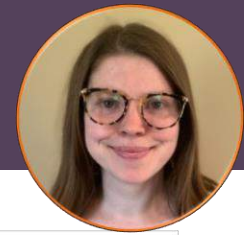
Living wage for a family of four with **one working parent** = **\$79,206.40 annually** (\$38.08/hour)

	1 ADULT				2 ADULTS (1 WORKING)				2 ADULTS (BOTH WORKING)			
	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children
Living Wage	\$17.87	\$35.49	\$45.11	\$59.73	\$27.12	\$32.36	\$38.08	\$41.10	\$13.56	\$19.40	\$25.49	\$30.23
Poverty Wage	\$6.19	\$8.38	\$10.56	\$12.74	\$8.38	\$10.56	\$12.74	\$14.92	\$4.19	\$5.28	\$6.37	\$7.46
Minimum Wage	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25	\$7.25

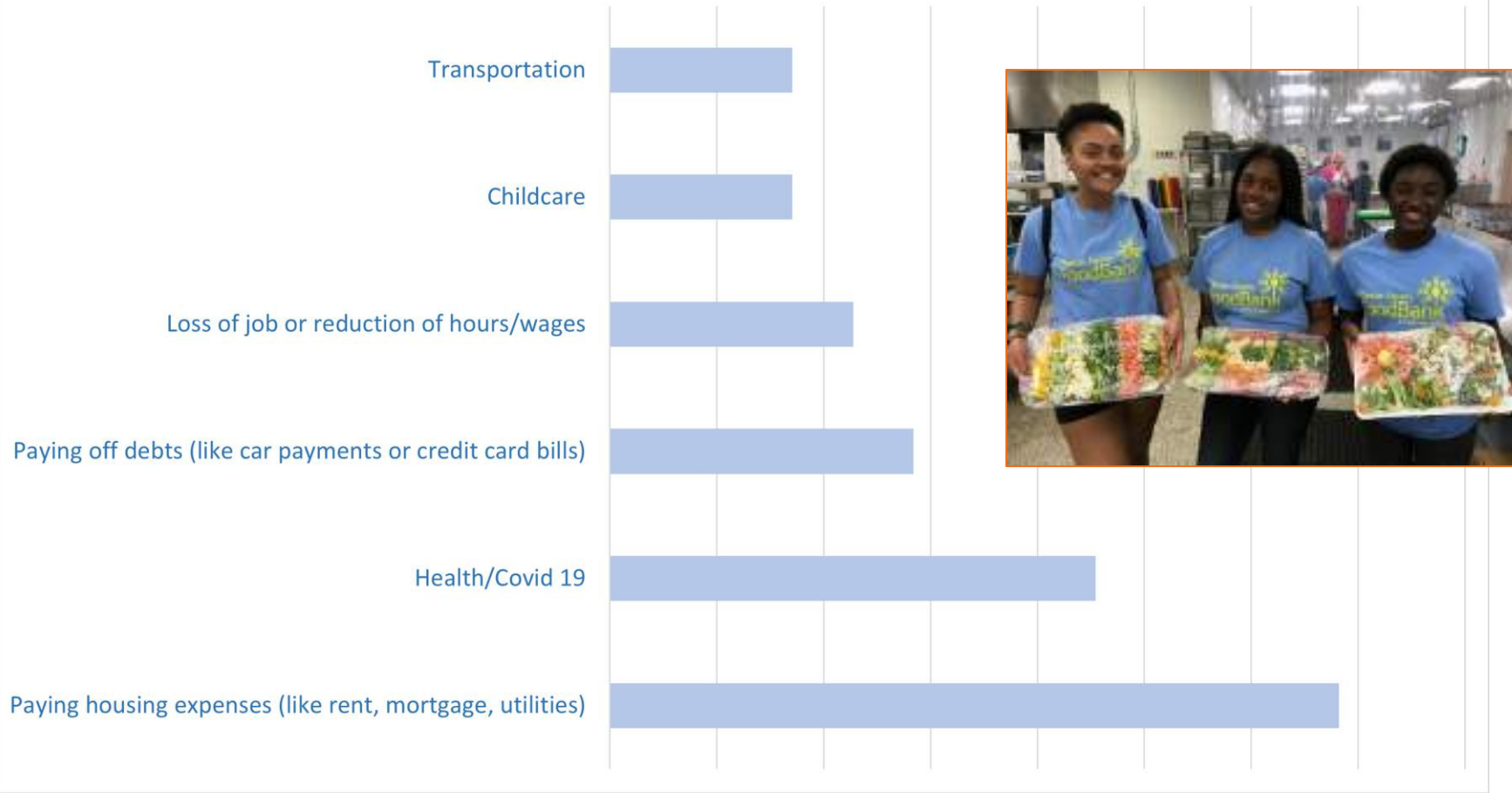
<https://livingwage.mit.edu/counties/42029>



What Are The Biggest Barriers To Accessing Food in Chester County?



What are your households' biggest barriers to accessing food?



Data from 2021 Fresh2You Mobile Market Customer Survey (n=262)



“Food demand is up and so is the cost of providing it.”

Examples of some of the increases we have been experiencing just in the last six months (January - June 2022)



How Does The Chester County Food Bank Combat Food Insecurity?



The **Department of Community Food Access and Education** programs work to empower adults, children and families to participate in their local food system by giving them the space to choose, grow, cook and learn about fresh, healthy foods.

Eat Fresh Cooking and Wellness Classes provide education and resources to increase food literacy, promote a sense of well being and build community engagement and trust around food.

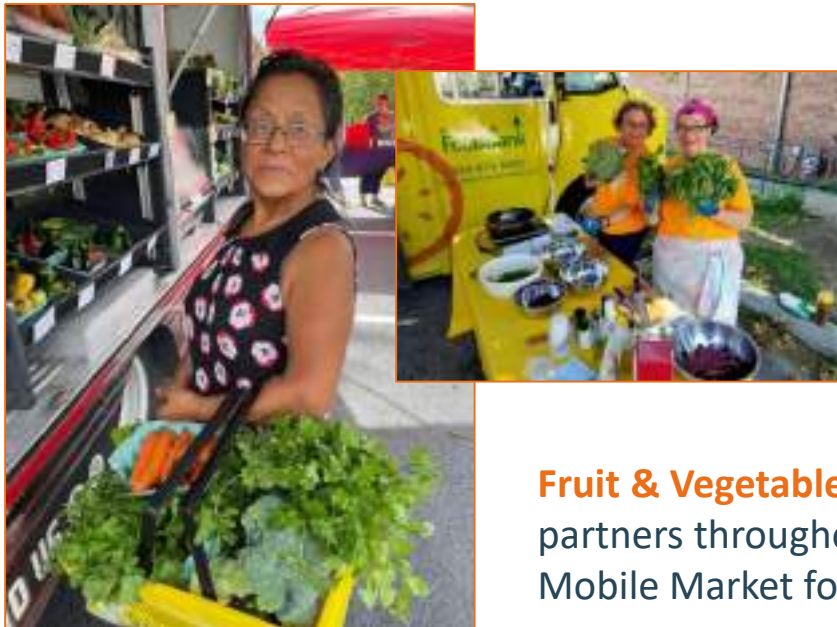
Raised Bed Gardens and Garden Education increases availability of fresh produce for food insecure households by supporting garden installations, provide education and resources on growing food and fosters community around food and gardening.



How Does The Chester County Food Bank Combat Food Insecurity? *continued*



Fresh2You Mobile Market makes select stops throughout Chester County selling local, seasonal fruits and vegetables at affordable prices. We also accept SNAP, WIC & Senior Farmers Market Nutrition Program checks and other incentives!



Taste It Food Demonstrations and Recipes provide the opportunity to try new things and encouragement to make healthy recipes at home.

Fruit & Vegetable Prescriptions (FVRx) are offered through health care partners throughout the County and can be redeemed at Fresh2You Mobile Market for fresh fruits and vegetables.



How Does The Chester County Food Bank Combat Food Insecurity? *continued*



As a lifeline to those in need, we ensured access to real, healthy food by managing a variety of distribution strategies to reach diverse households throughout the county.



Bulk distribution for food pantries, senior centers, schools, healthcare facilities, and many other outreach organizations.



Grocery Boxes with shelf stable food for seniors, veterans, homeless individuals and prenatal patients. Fresh Food Boxes to support our Eat Fresh cooking program.



Veggie Bucks for those shopping at Fresh2You Mobile Market purchasing fresh produce and healthy staples with SNAP (food stamps) and FMNP (Farmers Market Nutrition Program)



Backpack food packs for children to take home for weekend meals and snacks.



Ready-to-eat Meals for summer student feeding, home bound seniors, those with disabilities, and many more.



FreshRx (Fruit and Vegetable Prescriptions) for families who screen positive for food insecurity at healthcare appointments.

https://chestercountyfoodbank.org/wp-content/uploads/2022/09/CCFB_FY22-Impact-Report_digital_FINAL_web.pdf



Chester County Food Bank





Call your lawmakers

Simply picking up the phone to share your thoughts/concerns go a long way.



Email

Send a message showing your support for programs that help combat food insecurity.



Visit a town hall

Show up and speak directly to your lawmaker about programs needed to fight food insecurity.



SNAP

- Formally known as Food Stamps – provides supplemental income to assist families to purchase food. Advocate to protect SNAP, expand SNAP, and increase income thresholds.

Affordable Housing

- A main root cause of food insecurity in housing affordability. Advocate for more affordable housing projects.

Transportation

- Ensure residents are able to get to work, grocery stores, and medical care.

FMNP

- Protect and Expand the Farmers Market Nutritional Program – provides checks to seniors to be used at local farmer markets for access to fresh fruits and vegetables. Advocate to expand the benefit.



- Feeding America: [Become an Advocate to Help End Hunger](#)
- FRAC: [Action - Food Research & Action Center \(frac.org\)](#)
- Feeding PA: [Advocate - Feeding Pennsylvania \(feedingpa.org\)](#)
- Hunger Free PA: [BLOG | Hunger-Free PA \(hungerfreepa.org\)](#)
- Find your Lawmakers: [Find Your Legislator - PA General Assembly \(state.pa.us\)](#)



Hunger In Chester County It Is Closer To Home Than You Think





How Does The West Chester Food Cupboard Combat Food Insecurity?



The West Chester Food Cupboard commits to provide a variety of fresh and nonperishable healthy food items to West Chester residents in need...because no one should go hungry!



How Does The West Chester Food Cupboard Combat Food Insecurity?



The West Chester Food Cupboard was born in 2009 when the old food cupboard, run for many years by Chester County Cares, closed. Dismayed volunteers banded together and decided to step up to the challenge and run a new food cupboard themselves and so the adventure began.

The Cupboard is still **100% volunteer run** with no paid staff. Currently there is a ten-person Board of Directors, a Lead Volunteer Team of twenty five, and over 200 volunteers, who willingly carry out a myriad of tasks.

The mission of the Cupboard has stayed the same, **providing a variety of fresh and nonperishable food** to West Chester residents in need and can be summed up by the slogan on everyone's t-shirts:



"...because no one should go hungry!"





- All Volunteer Organization with no paid staff
- Provides a variety of fresh and nonperishable healthy food items to those in need
- Total food provided to all clients last year was 1.5 million pounds
- Relies on the support of the local community – our volunteers provide the labor, the community provides the means with cash and food donations
- Because no one should go hungry!...



We Provide A Variety Of Food You Can Find In Any Grocery Store





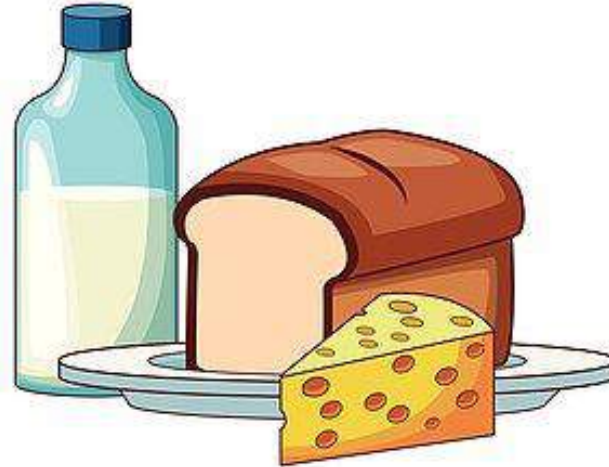
Household income \$51,300 or less can receive up to:

- 2,400 pounds, with a value of \$4,080, of food and personal care items in a year if they come every month
- Approximately two weeks of groceries and personal care items a month
- This equates to an 8% increase in family income and helps greatly but these families still struggle...





- Fresh fruits and vegetables
- Meat – fresh or frozen
- Eggs
- Milk
- Bread
- Cheese
- Juice



A challenge is that many food cupboards and pantries are not able to afford adequate quantities of these items.

The Chester County Food Bank has made fresh produce and dairy items a priority.

Some Key Items Are Not Covered BY SNAP WCFC helps fill the gap!



The biggest challenge for many people in need is that personal care products (soap, shampoo, toothpaste) are not covered, despite being necessary and expensive.

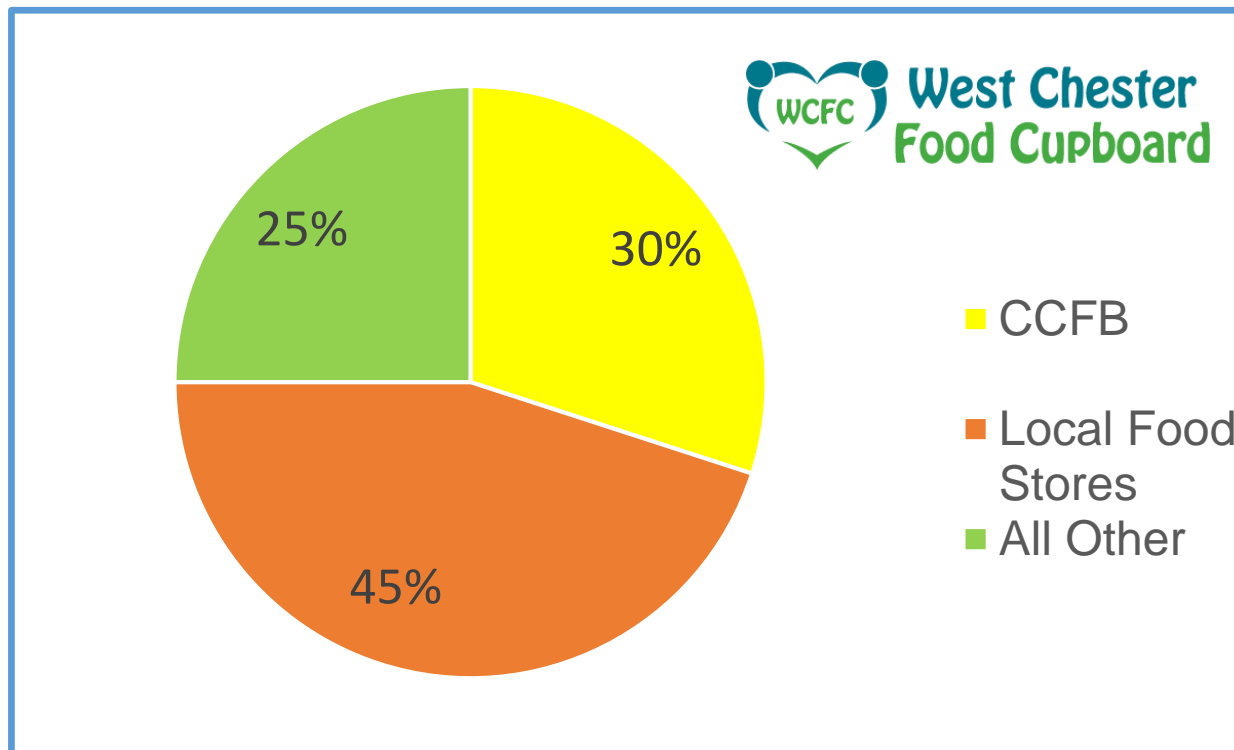
Diapers, wipes and feminine products.

Pet food

Household cleaning products

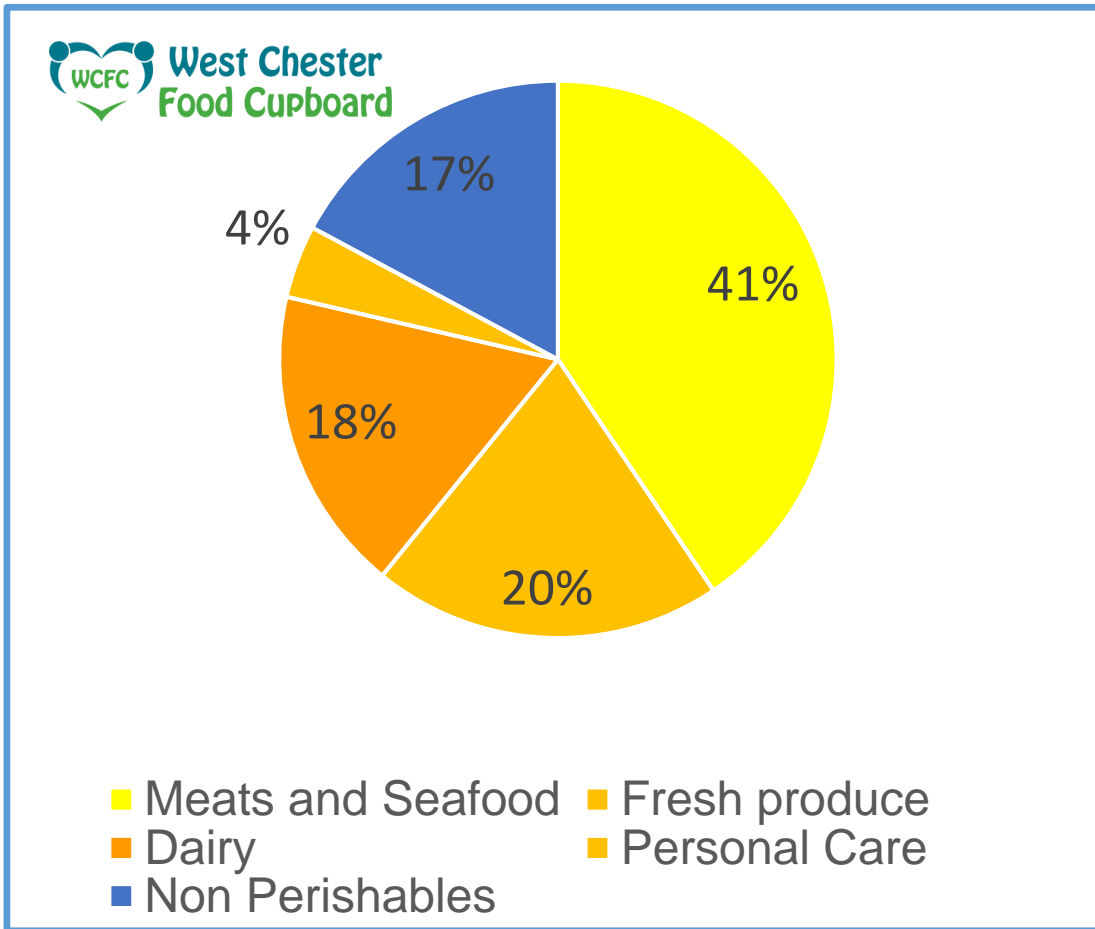


- Chester County Food Bank provides 30% of our donations
- About a dozen local food businesses (multiple locations) provide 45% of our donations
- 25% of food donations from
 - Nonprofit, religious, community, individual and corporate food drives
 - Corporate and nonprofit Gardens
 - Individuals

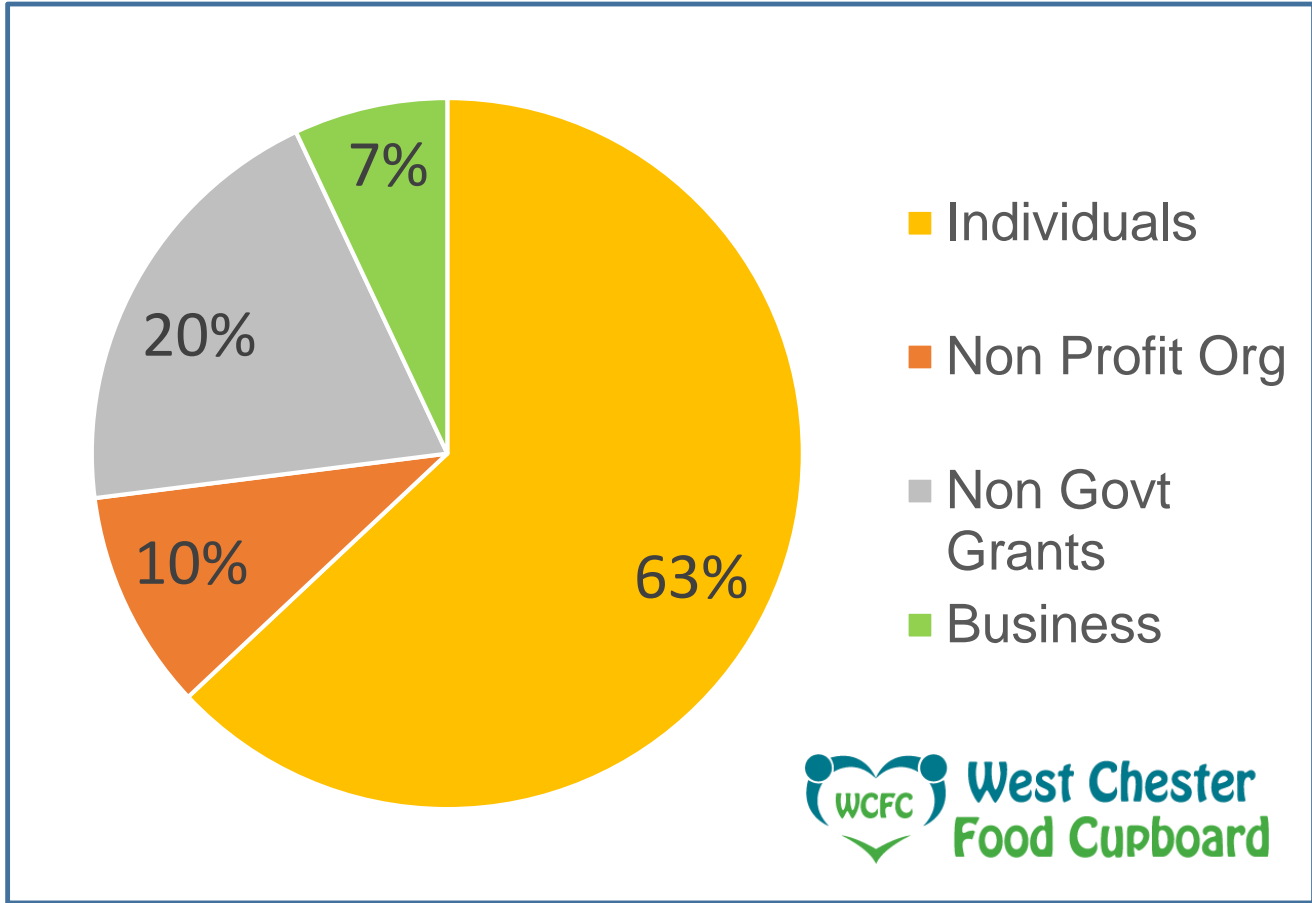




WCFC purchases core items to assure there is always an adequate supply of healthy foods to support a balanced diet



- 79% of food purchased is:
 - Quality proteins - chicken, beef, and fish
 - Fresh produce - apples, oranges, celery, lettuce, carrots, onions and potatoes
 - Dairy – milk, eggs, yogurt, cheese and butter
- Personal care: Non-SNAP items including soap, toothpaste and brushes, deodorant, shampoo and conditioner, dish and laundry detergent, shaving cream and razors and feminine products
- Non-Perishables: wide variety of items you would find in any grocery store



- Support of the local community is critical
- Diverse mix of donations
- No government financial support



West Chester Food Cupboard Monthly Support

- West Chester Area School District residents eligible to shop once a month
- Full choice model
- Meat (chicken, fish, ground beef) Dairy (milk eggs, butter, yogurt, cheese), Fresh produce (apples, oranges, potatoes, onions, lettuce, broccoli, carrots...), personal care items (soap, toothpaste/toothbrushes, laundry soap, dish soap, toilet paper, feminine products...)

Food Cupboard Express

- Open to all as often as they need (i.e. not monthly) – zip code is only information required
- Basic food items (produce, milk, eggs, rice, beans, pasta, etc.) and extras you can select yourself in a casual, friendly, and welcoming environment
- Open to families outside of West Chester

Community Outreach

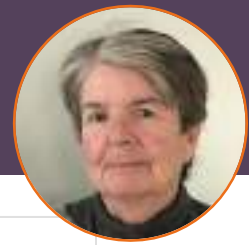
- Continue this support and look to support other unmet needs in the community
- 18 current initiatives in place – including universities, day care, after school programs, community support organizations, etc.





Client Hours / Horario del cliente

		
Monday / Lunes	Closed / Cerrado	2 PM to 6 PM
Tuesday / Martes	8:30 AM to 11:30 AM 2 PM to 7 PM	Closed / Cerrado
Wednesday / Miércoles	2 PM to 7 PM	Closed / Cerrado
Thursday / Jueves	8:30 AM to 11:30 AM	Closed / Cerrado
Friday / Viernes	Closed / Cerrado	2 PM to 6 PM
Saturday / Sábado	8:30 AM to 11:30 AM	Closed / Cerrado



Organization	Activity
ACT in Faith	Purchase produce, deliver other products weekly
Baptist Church of WC	Provide product for Blessing Boxes and Community Breakfast
Cheney University	Weekly pick up of student friendly food
CYWA	Weekly pick up. Items vary based on what we have.
Doris Haley	Weekly pick up of produce, meat, healthy snacks
Lincoln University	Weekly (or less) pick up of student friendly food
New Directions	Weekly delivery of healthy snack items
North Star	Provide food and personal care products for their food pantry
PACS	Weekly pick up. Items vary based on what we have.
Salvation Army	Purchase produce and dairy each week.
WC Area Daycare	Provide produce, donated baby items
WC Senior Center	Provide produce and other items weekly.
WCASD School District	Healthy lunch items during the summer
WCU Resource Pantry	Weekly pick up of student friendly food, including produce
West Grove	Now sharing excess bakery and other items
YMCA	Bi-weekly pick-up or delivery of fresh and nonperishables for their pantry
Choice Shopping/Delivery	
Church St. Towers	
Denney-Reyburn	





While providing food and personal care items is our primary mission, our role goes beyond that:

- Allowing the families to choose their groceries is important
- Providing a safe, dignified space for our families is critical
- Each family has a different story and we do not know most of it. We are not here to speculate or to judge – just to assist.





- Inflation/Food Prices – This has a major impact on those who come to WCFC, resulting in more families needing more support. It also raises our costs to assist them.
- While the community continues to be very supportive of WCFC efforts, some donors are also constrained by their own rising cost of living.
- Supplemental SNAP benefits that were put in place during COVID are expiring at the end of the month.
- An overarching issue is the lack of affordable housing; it is a driving factor for many other economic issues.





- Encourage your neighborhood, office or community of faith to do a food drive.
- Educate your network about food insecurity.
- If your grocery store offers a ‘round up’ opportunity, round up!
- If your grocery store offers holiday hams or turkeys, consider passing those on to a food cupboard. Every dollar counts.
- Help us identify pockets of need in the community.





Giving Never Tasted SO Good at Sweet Charity

NEW LOCATION – Chester County Food Bank

Sweet Charity

Food, Fun, Philanthropy

Tues, March 28, 2023 from 4 to 7
Chester County Food Bank



Purchase your tickets
<https://chescofc.org/events/sweet-charity-2023/>



DATE - ZOOM IN AT NOON	TOPIC
March 7, 2023	Food Access
April 18, 2023	Environmental Justice
May 16, 2023	Healthcare
June 13, 2023	Juneteenth

Brief Intros

- Who are you? What brought you to today's Community Conversation?
- What did you want to learn? What have you learned?

Discussion Questions

- Did you learn anything surprising or unexpected about food insecurity?
- What can each of us do to combat food insecurity and relieve hunger in our communities?



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BEYOND HUNGER



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