



2010  
**HUNGER**  
IN  
**AMERICA**  
REPORT

**ARIZONA**  
HIGHLIGHTS

ASSOCIATION  
OF ARIZONA  
FOOD BANKS

**"IF PEOPLE COULD SEE THE HUNGER IN THEIR COMMUNITY, THEY WOULD DO SOMETHING ABOUT IT."**

Across America and throughout Arizona, people are hungry. Right here in our state, there are people living with the realities of poverty and hunger. While the recession, housing crisis and other economic troubles all contributed, the realities of hunger have existed long before the present day.

We can better serve those who are hungry when we know more about them. That's why I'm pleased to present Arizona's key findings from Hunger in America 2010, the largest, most comprehensive study ever conducted on domestic hunger. AAFB, along with our member food banks, assisted Feeding America in conducting this study in Arizona. Hunger in America 2010 gives us an in-depth look at those Arizonans who are in need so we can better target our efforts to help them work toward self-sufficiency.

The results of this study are at times surprising and almost always disconcerting. As you review the information, keep one thing in mind. The next few pages are filled with lots of numbers and statistics. But behind every number is a person who struggles to put food on the table. Many of these people are feeling the all-too-real pangs of hunger. Too often, these statistics represent our most vulnerable: our children, our elderly and those who are ill.

It is the goal of AAFB and each of our five member food banks to achieve food security in Arizona: access for all people to nutritionally adequate food at all times from normal food channels. We look forward to your support and inspiration as we work toward our vision of a hunger-free Arizona.

*Ginny Hildebrand*



**GINNY HILDEBRAND**  
PRESIDENT & CEO



**WHO ARE THE FACES OF HUNGER IN ARIZONA?**



**WHO SERVES THEM?**

**PANTRIES** (food pantries, emergency pantries, food shelves, church pantries): Typically visited by households where people can prepare food at home.

**KITCHENS** (soup kitchens, community kitchens, hot meal sites, urban missions): Often visited by single persons who are without a permanent residence or live in transitional or temporary housing.

**SHELTERS** (homeless, family, domestic abuse, transitional shelters): Typically used by people without a home or who are moving from one place to another and need temporary housing.

**HOW DOES THE FOOD BANK NETWORK IN ARIZONA WORK?**



**ABOUT THE STUDY & METHODOLOGY**

Hunger in America 2010 is the largest, most comprehensive study of domestic emergency food assistance ever conducted. The 2010 study is the fourth edition of the quadrennial study, allowing for comparison of previous editions to identify trends, gaps and other insights into who is hungry and why.

The study provides comprehensive and statistically valid data on the emergency response to hunger and the people served by food pantries, soup kitchens, and shelters in the Feeding America network. The report is based on independent research conducted on behalf of Feeding America by Mathematica Policy Research, Inc. (MPR), a widely respected leader in social policy research. Feeding America contracted with MPR to work with 185 network member participants, including AAFB member food banks who are also members of Feeding America, who voluntarily agreed to collect data in their communities.

There are two main data sources: client data and agency data, both of which were collected in the late winter and spring of 2009. The client data was amassed through face-to-face interviews with randomly selected recipients at emergency feeding sites across the country. Approximately 61,000 individuals, including 1,390 in Arizona, shared their stories, including the circumstances of what led them to the pantry, kitchen or shelter where they were interviewed. Their willingness to participate in this study makes it possible for us to better understand who seeks emergency food assistance and why.

Participating food banks also mailed surveys to their member agencies seeking information on the services available, their needs and stability. In all, the study amassed more than 37,000 agency survey responses nationwide, including 526 in Arizona.

**THESE AAFB & FEEDING AMERICA MEMBER FOOD BANKS PARTICIPATED IN HUNGER IN AMERICA 2010:** Community Food Bank, St. Mary's Food Bank Alliance, United Food Bank, and Yuma Community Food Bank.

**WHAT DOES IT MEAN TO BE FOOD INSECURE?**

**FOOD INSECURE DEPENDENT**

- No Food
- No Job
- No Shelter
- No Healthcare
- Uses Food Boxes & SNAP (Food Stamps)
- No Job
- No Shelter
- No Healthcare

- Buys 25% of Personal Food
- Has Minimum Wage Job
- Has Shelter
- Relies on Federal Aid for Healthcare

**FOOD SECURE INDEPENDENT**

- Buys 75% of Personal Food
- Has Above Minimum Wage Job
- Has Shelter
- Has Healthcare
- Has Full Wage Job
- Has Shelter
- Food & Health Secured with 100% Personal Resources

**FOOD SECURITY:** Access by all people at all times to enough food for an active, healthy life. At a minimum, this includes the ready availability of nutritionally adequate and safe foods, and an assured ability to acquire acceptable foods in socially appropriate ways (i.e., without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).

**FOOD INSECURITY:** Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire adequate acceptable foods in socially acceptable ways.



**WHAT YOU NEED TO KNOW:**

The numbers and percentages featured throughout are based on actual client's responses to questions about various demographic characteristics regarding themselves and their households.

**KEY:** ■ Arizona ■ U.S.

**HUNGER IN AMERICA 2010: PARTICIPATING AAFB & FEEDING AMERICA MEMBER FOOD BANKS**

**ST. MARY'S FOOD BANK ALLIANCE**  
Serves: Maricopa, Coconino, Apache, Navajo, Gila, Mohave County, Pinal & Yavapai Counties

- 477,500 unduplicated individuals received emergency food, a staggering 171% increase from 2006.
- More than one quarter were college educated.

**YUMA COMMUNITY FOOD BANK**  
Serves: Yuma & La Paz Counties

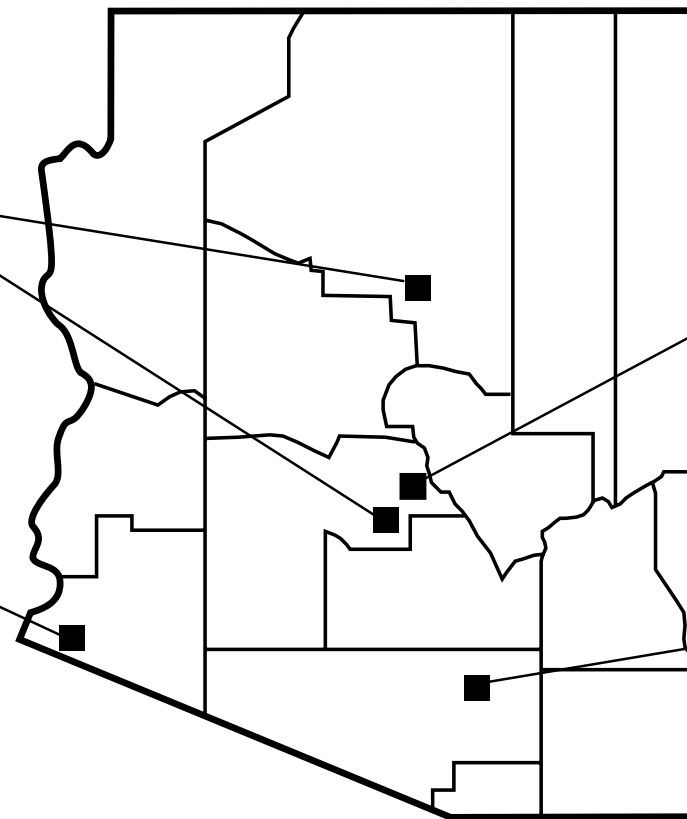
- 97% of households served with children were Food Insecure, the highest in the state.
- 31% of individuals served were seniors aged 65 and older.

**UNITED FOOD BANK**  
Serves: Maricopa, Gila, Apache & Navajo Counties

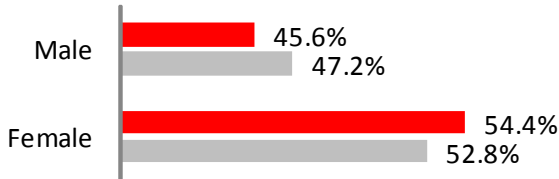
- 179,800 unduplicated individuals received emergency food, a 94% increase from 2006.
- 78% of pantries United serves rely on United as their primary source of food - the highest percentage of the four food banks.

**COMMUNITY FOOD BANK**  
Serves: Pima, Cochise, Graham, Greenlee & Santa Cruz counties

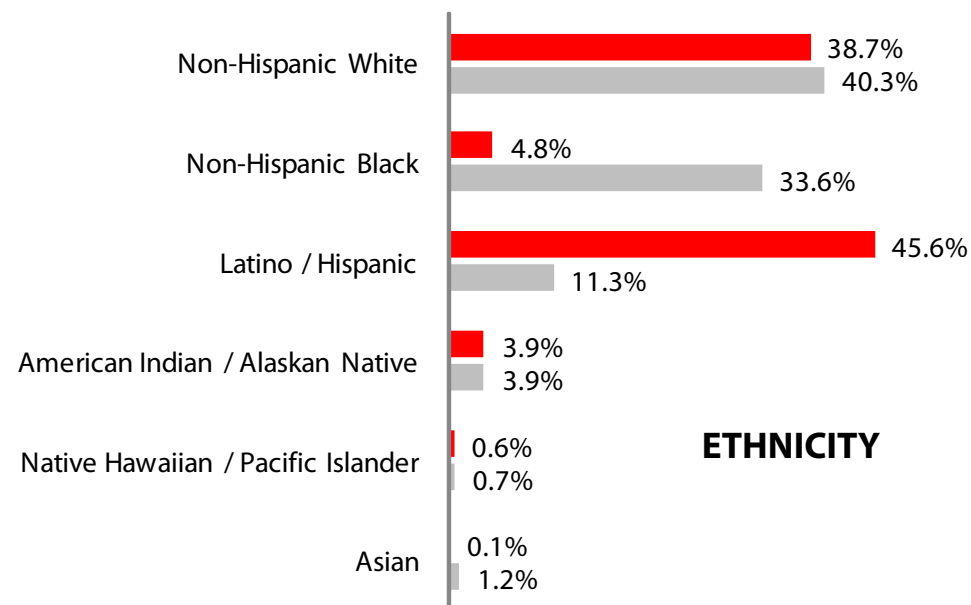
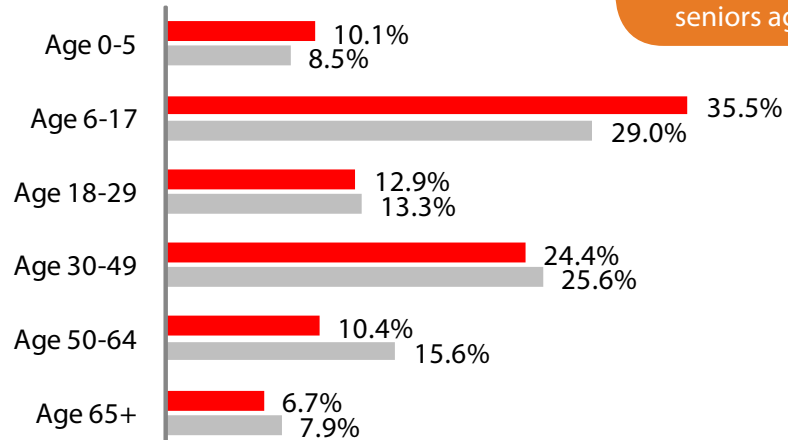
- 83% of households served had incomes below the federal poverty level - the highest percentage of the four food banks and a 36% increase from 2006.
- 15% were homeless, the highest percentage of the four food banks.



**GENDER**



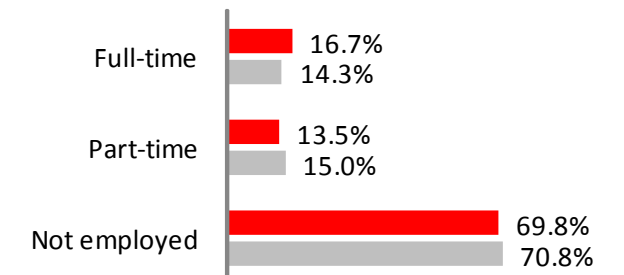
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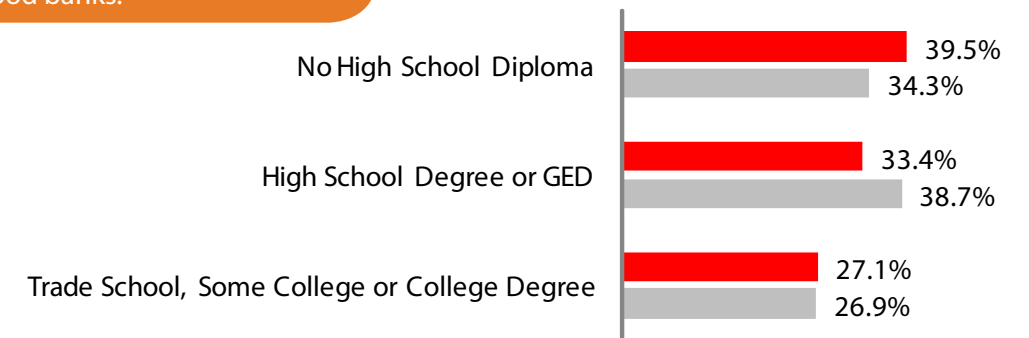
**ARIZONA SNAPSHOT**

- 888,100 unduplicated Arizonans received emergency food in 2009, an 85% increase from the 2006 study.
- Almost half - 46% - of those were children under the age of 18.
- On average, 127,300 different people receive assistance in any given week, a 64% increase from the 2006 study.
- 74% of households lived below the federal poverty level, defined as \$22,050 annually for a family of four.
- 77% of households had experienced Food Insecurity.
- 43% fewer seniors were served compared to the 2006 study.
- Almost 12% of those served were homeless.
- 22% more clients were turned away from pantries, and 24% more from soup kitchens, due to lack of available food - speaking both to the spike in demand and lack of emergency food to meet demand.
- 54.4% of those served were female, a reversal from the 2006 study that showed 53% of those served were male.
- 29.7% were receiving SNAP (Food Stamp) benefits.
- 84% were not receiving welfare (TANF, General Assistance, etc.)
- 90% of clients were satisfied with the quantity, 88% with the variety, and 90% with the quality of food received.
- Nearly 39% of agencies serving clients were faith-based.

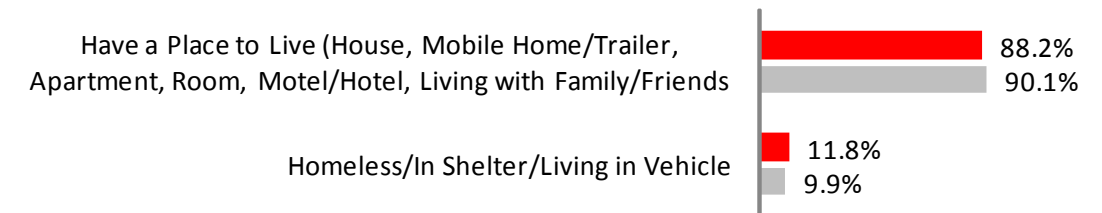
**EMPLOYMENT STATUS**



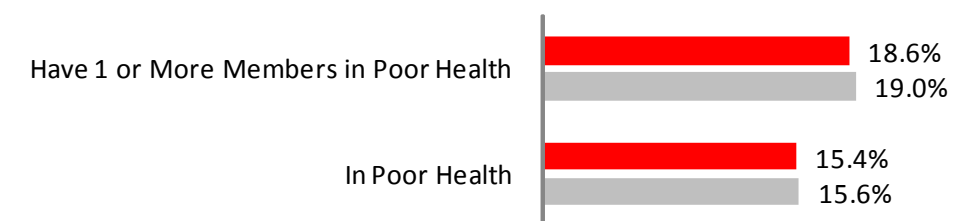
**EDUCATION ATTAINED**



**HOUSING SITUATION**

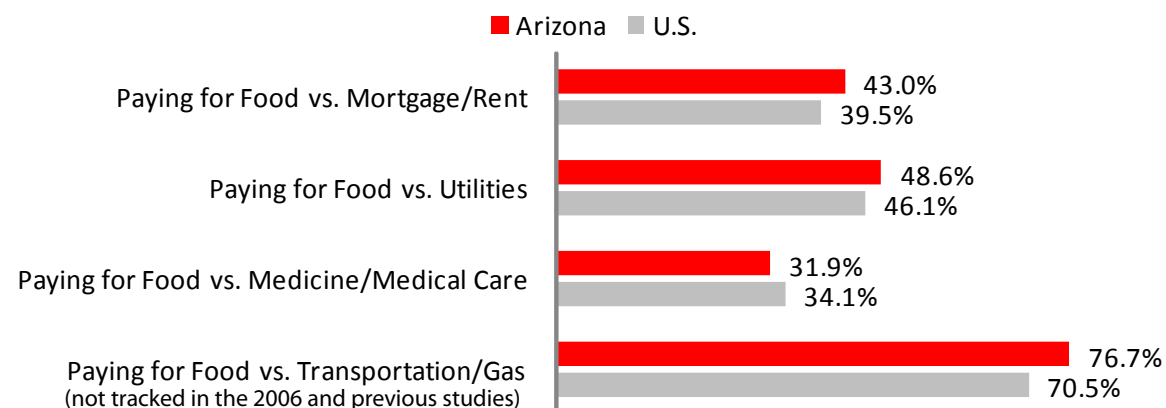
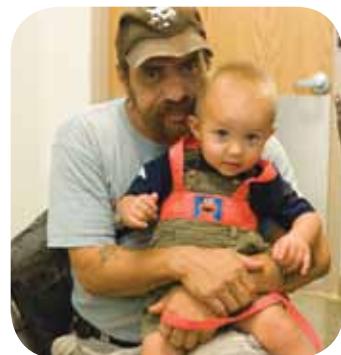


**HOUSEHOLD HEALTH STATUS**

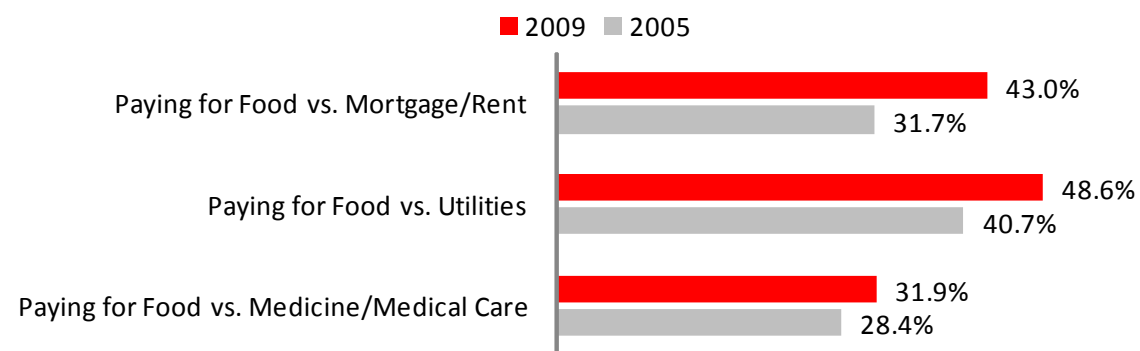


# TOUGH CHOICES AND TYPES OF ASSISTANCE

Tough choices are becoming routine for a significant percentage of Arizona households. Hunger in America 2010 asked clients if they had to choose at least once in the last 12 months between:



The economic downturn created new households that do not fit previous stereotypes. They're hard working families living below the federal poverty line, making tough choices. They're un- or under-employed, unable to provide as before. Take a look at what's happened in Arizona between Hunger in America 2010 and the previous 2006 study:



According to Hunger in America 2010, of these households:

- 41% of clients had someone working in the household, down slightly from 41.7% in 2005.
- The average household existed on just \$1,159 per month, up \$209 from 2005. Still, 44.3% of households had an annual income of less than \$10,000, and three-quarters lived below the federal poverty level (\$22,050 per year for a family of 4).

## WHAT OTHER OPTIONS FOR FOOD ASSISTANCE EXIST?

Receiving emergency food from a pantry or soup kitchen is not the only source of assistance. Client households were asked about their participation in other programs, such as **SNAP** (Supplemental Nutrition Assistance Program; formerly Food Stamps):

- 68.8% had ever applied in their lifetimes for, and 29.7% were currently receiving SNAP benefits.
- 43.5% of those receiving SNAP benefits had been receiving them for more than two years.
- Of those receiving SNAP benefits, 74.7% said their benefits lasted for three weeks or less per month.
- Of those who did not apply for SNAP: 37.8% believed they were ineligible/entitled to a low benefit amount; 17.5% felt they did not need it/others needed it more; 10.2% felt it was too much of a hassle; 8.1% associated a negative social stigma.
- Based on reported income, 82.9% of households receiving emergency food would be eligible for SNAP benefits.

Households also reported utilizing these other food assistance programs:

- Of those with at least one senior age 65 or older: 22.2% used senior nutrition sites; 11.5% used home-delivered meals or meals-on-wheels; 3.9% participated in senior brown-bag programs.
- Of those with at least one child younger than age 18: 54.1% used school lunch programs; 46.5% used school breakfast programs; 7.2% used an after-school snack program; 3.9% used a child care program such as the Commodity Supplemental Food Program (CSFP); 11.5% participated in the Summer Food Service Program; 1.9% participated in a backpack program.
- Of those with children ages 0-3 years: 48.2% participated in the WIC (Women, Infants and Children) program.

# WHAT DOES IT MEAN NOW... AND FOR THE FUTURE?

Numbers represent data, but without interpretation, they don't mean much. AAFB has reviewed the Hunger in America 2010 study and has come up with the following conclusions for Arizona:

- 1 FUNDING THE SAFETY NET NEEDS TO BE A PRIORITY:** AAFB and our member food banks have thus far been spared the worst of Arizona's budget cuts, but we are not immune from future cuts. Arizona must find alternatives to balancing its budget on the backs of those struggling the most.
- 2 THINGS WILL NOT GET BETTER UNTIL PEOPLE ARE BACK TO WORK WITH LIVING WAGES:** Wages must be sufficient to meet basic needs, including food. With 74% of clients living at or below the federal poverty level - \$22,050 annually family of four - their income is simply insufficient to cover basic living costs. Combined with a sluggish economy and high levels of un- and under-employment, and rising costs of living, more people are being forced to make difficult choices regarding food for themselves and their families.
- 3 OUTREACH EFFORTS MUST BE INCREASED & BETTER TARGETED TO MAXIMIZE PROGRAM PARTICIPATION:** Although there are a record number of households receiving SNAP (Food Stamp) benefits, many more remain eligible. Combined with earned income, programs such as SNAP and WIC (Women, Infants & Children) are critical stepping stones for eligible families to achieve self-sufficiency. Anti-hunger organizations and other advocates must do a better job of connecting with those potentially eligible households, utilizing technology innovations such as the Health-e-Arizona online SNAP application ([www.healthearizona.org](http://www.healthearizona.org)) to encourage participation.
- 4 HUNGER DOES NOT DISCRIMINATE & THERE IS NO UNIVERSAL STEREOTYPE:** Late-model vehicles in food bank parking lots do not tell the story you think. As previously well-off households succumbed to layoffs and the housing crisis, a new type of hungry household has emerged. More children and fewer seniors are accessing emergency food, indicating an increase in younger and formerly middle-class families needing assistance. Overall education levels are higher than one might expect. More households than ever before are making tough choices between paying for food and paying for rent/mortgage or medicine/medical care.
- 5 CONTINUED EFFORTS NEED TO BE MADE TO RECRUIT & SUPPORT THE SYSTEM'S VOLUNTEERS:** Food pantries, soup kitchens, and the entire emergency food network relies heavily on volunteers and faith-based organizations. Without them, and the food supplied by food banks, the network would not be able to keep up with current and future demand, given the slow recovery projected for state and local economies.

## GET INVOLVED: YOUR HELP IS NEEDED TO CREATE A HUNGER-FREE ARIZONA

There are a variety of things - big and small - that individuals, families, school groups, work groups, faith-based groups, etc. can do to make a difference and help alleviate hunger:

**RAISE AWARENESS:** share this report and other anti-hunger news with others. Social Media is a wonderful tool to do this! Be sure to 'like' us on Facebook at [www.facebook.com/azfoodbanks](http://www.facebook.com/azfoodbanks) and follow us on Twitter at [www.twitter.com/aafb](http://www.twitter.com/aafb).

**EDUCATE YOURSELF:** find out about local hunger realities, then share these facts with others. Learn where you can make the most difference.

**ADVOCATE:** support policies that help hungry Arizonans work toward self-sufficiency and educate elected officials about the effects of hunger.

**VOLUNTEER:** food banks can always use help sorting, packing, assembling emergency food boxes, holding food drives, answering phones, and staffing special events.

**PROVIDE INFORMATION:** post and submit messages, stories and information about hunger and poverty to the newsletter/website for your school, place of worship or social/professional/service group.

**SUPPORT:** AAFB and our member food banks.





### OUR MISSION:

To deliver food and quality services to food banks and foster relationships in support of our commitment to eliminate hunger.

Established in 1984, the Association of Arizona Food Banks (AAFB) is a private, non-profit organization serving five regional food bank members and a network of nearly 1,700 food pantries and agencies. As one of the first state food bank associations in the nation, AAFB was instrumental in the development of a statewide gleaning project, and our advocacy efforts have brought about beneficial state and federal legislation for our member food banks and the people they serve.

AAFB develops food resources, promotes nutrition, advocates for public policy changes to help hungry people, fosters cooperation among food banks, networks with government, local, state and national leaders dedicated to ending hunger, and engages all sectors of society in hunger awareness and sensitivity.

The Association of Arizona Food Banks is not a food bank - we help make food banking better.

### OUR MEMBER FOOD BANKS:

Community Food Bank: [www.communityfoodbank.org](http://www.communityfoodbank.org)

Desert Mission Food Bank: [www.jcl.com/foodbank](http://www.jcl.com/foodbank)

St. Mary's Food Bank Alliance: [www.firstfoodbank.org](http://www.firstfoodbank.org)

United Food Bank: [www.unitedfoodbank.org](http://www.unitedfoodbank.org)

Yuma Community Food Bank: [www.yumafoodbank.org](http://www.yumafoodbank.org)

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[www.azfoodbanks.org](http://www.azfoodbanks.org) | [www.twitter.com/aafb](https://www.twitter.com/aafb) | [www.facebook.com/azfoodbanks](https://www.facebook.com/azfoodbanks)

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