



EXECUTIVE SUMMARY

ENDING HUNGER BEFORE IT BEGINS

OREGON'S
CALL TO ACTION
oregonhunger.org

2010-
2015

{ We envision an Oregon where everyone is
healthy and thriving with access to affordable,
nutritious and culturally appropriate food. }

ENDING HUNGER IS POSSIBLE

OREGON HAS
A PLAN

Beneath Oregon's beauty lies a problem: Hunger. In recent years, more than a half million Oregonians have struggled to get enough food to eat. Hunger and food insecurity have serious consequences, both for those who experience them and communities that must respond. At its root, hunger is a symptom of a lack of sufficient income to pay basic expenses. It is also an indicator of systemic issues in our economy that put a heavier financial burden on many working Oregonians' budgets. Hunger is preventable and solvable. The plan, Ending Hunger Before It Begins: Oregon's Call to Action and its three goal areas are designed to guide Oregon's collective efforts.

1ST GOAL

Increase economic stability
for people, communities,
and the state.

Economic stability means having sufficient and reliable income to pay for expenses. It is the most permanent solution to hunger and food insecurity.

How does economic stability help end hunger?

- When Oregonians have enough income to meet their basic needs and save for emergencies, the need for food assistance is dramatically reduced.
- When communities and our state have sufficient local and state revenue, they are able to invest in needed services like schools and infrastructure to support growth in economic activity.

How can we increase economic stability?

- **Focus on income** Oregonians need living-wage jobs and, at times, income supports to pay basic living expenses. Our state and local communities need sufficient revenue to fund public services and a strong rainy-day fund.
- **Focus on expenses** The cost of living in Oregon is higher than the national average. We can reduce this financial burden by focusing on public policies that help families afford housing, child care, and medical insurance, and still have enough money for food.

Recommended actions to increase economic stability:

- Help low-wage families keep more of their income by expanding the Earned Income Tax Credit (EITC)
- Reduce the burden of housing expenses by increasing affordable housing
- Invest in Employment-Related Day Care (ERDC) so that more parents can afford to work



to learn more about these goals and to get involved visit oregonhunger.org

2ND GOAL | Cultivate a strong regional food system.

A food system represents the journey from seed to plate—from farmers to producers to distributors to retailers and consumers. A strong food system allows all Oregonians to access affordable, locally grown and produced foods.

How does a strong regional food system help end hunger?

- When Oregonians know how their local food system works, they can collaborate to make it stronger by addressing gaps.
- When communities link all parts of the food system together, a food web is created. These connections help identify local solutions, including ways to get food onto everyone's plates.

How can we strengthen our regional food system?

- **Focus on community organizing** Community-driven forums can identify strengths and gaps, opportunities for economic development, and frameworks needed for success.
- **Focus on removing barriers** Local and state-wide policy bodies can improve food systems by removing barriers through assessments and strategic planning.

Recommended actions to strengthen the regional food system:

- Attend or organize a Food, Education, Agriculture Solutions Together (F.E.A.S.T.) workshop
- Increase availability of and access to Oregon grown fruits and vegetables
- Establish a statewide food policy council

3RD GOAL | Improve the food assistance safety net.

Food assistance programs provide an immediate response that helps Oregonians get enough to eat.

How do food assistance programs help end hunger?

- When times are tough, programs such as the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps), school meals, WIC, farm direct nutrition programs and emergency food boxes are the primary source of food for many Oregonians.
- SNAP and other food assistance programs help reduce the impact of poverty, allowing Oregonians to both afford food and pay for basic expenses.

How can we strengthen Oregon's food assistance programs?

- **Focus on access** Many Oregonians are not accessing help, even though they are in need. We can work together to ensure they know about and can access food assistance programs.
- **Focus on program adequacy** SNAP benefits do not last the entire month for most people, food banks struggle to gather enough food and child nutrition programs are not available in all areas of our state. We can improve the food assistance safety net so that all Oregonians have a sufficient, nutritious diet.

Recommended actions to strengthen the food assistance safety net:

- Conduct multi-program outreach and collaboration across all food assistance programs
- Advocate for increased benefits in SNAP
- Increase participation in child nutrition programs
- Support the emergency food distribution network

TOGETHER WE
CAN END HUNGER
BEFORE IT
BEGINS.

LEARN



Find out more about hunger
and how you can help end it—
read Oregon's plan:
www.oregonhunger.org



CONNECT



Get involved in your community
by working to implement
Oregon's plan.



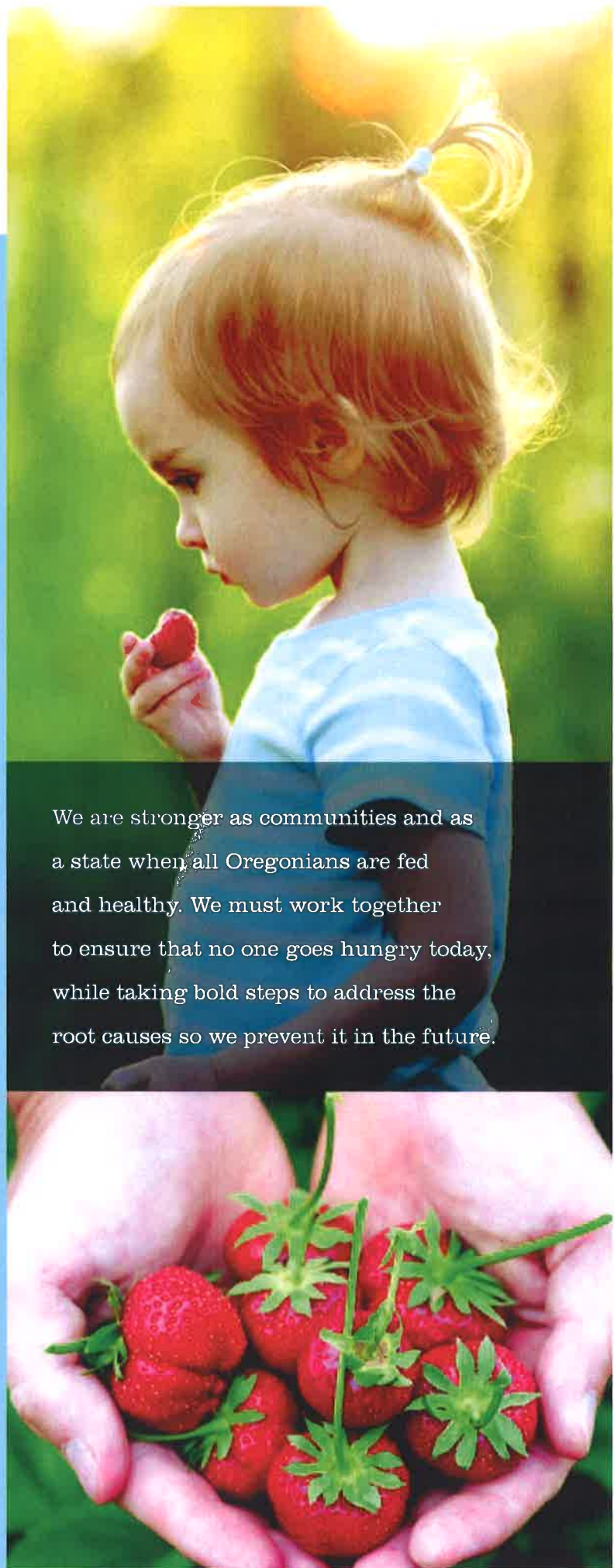
ADVOCATE



Your voice is needed—speak up!
Ending hunger requires policy
changes that address the root
causes. Add your voice to public
policy efforts.



Partners for a
Hunger-Free Oregon



We are stronger as communities and as
a state when all Oregonians are fed
and healthy. We must work together
to ensure that no one goes hungry today,
while taking bold steps to address the
root causes so we prevent it in the future.

Ending hunger in Oregon will take collective efforts from every corner and sector of our state.

Together, the Oregon Hunger Task Force and Partners for a Hunger-Free Oregon met with communities across the state to develop a plan, Ending Hunger Before it Begins: Oregon's Call to Action. Collectively we made progress on 30 of the 40 action items in Oregon's first plan. Let's build on this success together.

Get involved!

LEARN

- ☐ Learn more about hunger
- ☐ Read the plan

CONNECT

- ☐ Spread the word
- ☐ Support local efforts

ADVOCATE

- ☐ Contact your elected official
- ☐ Share your story

BECOME A PARTNER



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The most important problem facing American children today

By Valerie Strauss, Updated: May 14, 2013

What is the most important problem facing American children today?

According to the Academic Pediatric Association and the American Academy of Pediatrics, it is the effects of poverty on the health and well being of young people. But, they concede, there is no sustained focus on childhood poverty, or a unified pediatric voice speaking on the problem, or a comprehensive approach to solving it.

To try to remedy that, the American Pediatric Association Task Force on Childhood Poverty is beginning a long-term effort to address the problem by looking for solutions that will be effective, sustained and “protected from retrenchment,” according to [this brief about the work of the panel](#).

Children in America are the poorest members of society. One in five children live below the federal poverty line, and almost one in two are poor or near poor, with a disproportionate burden falling on the very young, racial and ethnic minorities, Native Americans and children from immigrant families. The task force plans to pay special attention to helping these groups of children.

The role of poverty on student achievement has been one of the flashpoints between supporters and critics of modern school reform. Supporters insist that citing poverty as a reason for lack of student achievement is “an excuse” made by people who want to support the status quo. Critics of reform say that the major reform efforts ignore the effects that living in poverty have on children and their ability to do schoolwork and perform on standardized tests.

The Pediatric Academic Societies just had a plenary session in Washington, D.C., titled “A National Agenda to End Childhood Poverty,” where calls were made for a comprehensive approach to attacking child poverty. It was noted that there are solutions, as evidenced by efforts in other developed countries, including Britain, which dramatically reduced childhood poverty with sustained national efforts.

Here’s some of the brief about the task force:

Children are the poorest members of our society, a society that knows how to use policies and programs to raise its citizens out of poverty. Thirty five percent of seniors lived below the FPL [federal poverty line] in 1959, but due to programs like social security expansion and Medicare, only 9% of seniors are poor today. What the US does for seniors is clearly good; so why do we not also protect children from the life-altering effects of poverty?

The effects of poverty on children's health and well-being are well documented. Poor children have increased infant mortality, higher rates of low birth weight and subsequent health and developmental problems, increased frequency and severity of chronic diseases such as asthma, greater food insecurity with poorer nutrition and growth, poorer access to quality health care, increased unintentional injury and mortality, poorer oral health, lower immunization rates, and increased rates of obesity and its complications.

There is also increasing evidence that poverty in childhood creates a significant health burden in adulthood that is independent of adult-level risk factors and is associated with low birth weight and increased exposure to toxic stress (causing structural alterations in the brain, long-term epigenetic changes, and increased inflammatory markers).

The consequences of poverty for child and adolescent well-being are perhaps even more critical than those for health. These are the consequences that may change their life trajectories, lead to unproductive adult lives, and trap them in intergenerational poverty. Children growing up in poverty have poorer educational outcomes with poor academic achievement and lower rates of high school graduation; they have less positive social and emotional development which, in turn, often leads to life "trajectory altering events" such as early unprotected sex with increased teen pregnancy, drug and alcohol abuse, and increased criminal behavior as adolescents and adults; and they are more likely to be poor adults with low productivity and low earnings.

At present, there is not a consistent and unified pediatric voice speaking out about childhood poverty, the most important problem facing children in the United States today. The Academic Pediatric Association (APA), the American Academy of Pediatrics (AAP) and the Pediatric Policy Council (PPC) all advocate for individual issues (such as Medicaid, Child Health Plus, and food supplementation) that are important programs related to childhood poverty. There is, however, no sustained focus on childhood poverty itself, which underlies many of the ills of children, and which needs to be addressed in a comprehensive manner.

The task force will focus on four strategic priorities:

- * Raising families out of poverty
- * Providing high-quality early childhood programs and high-quality affordable child care to poor families.
- * Promoting a White House Conference on Children and Youth
- * Working with Neighborhood Revitalization Initiatives

Part of the task force's work regards education:

The Task Force has set up a subcommittee to develop educational products and activities regarding childhood poverty for medical students, residents, fellows, faculty, practitioners, and other child health providers. These efforts will promote:

1. Understanding the impact of poverty and other social determinants of health on well-being over the life course and across generations.

- 2. Development of the knowledge, skills, and attitudes necessary to implement the elements of the PCMHC.
- 3. Advocacy training toward poverty reduction in conjunction with the AAP Community Training and Advocacy Initiative (CPTI), and models of advocacy training from residency training programs across the US. We will work to build statewide and regional collaboratives uniting the pediatric voice across the nearly 200 pediatric training programs in the US. Collaboration with other organizations offering advocacy training may also be important, including efforts of the American Academy of Family Physicians, the American Medical Student Association, Physicians for a National Health Program, and others.

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SNAP 2012 participation report

SNAP:

Reaching underserved Oregonians

In this issue:

Oregon has done an excellent job of connecting hundreds of thousands of Oregonians to the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps), and currently has one of the highest participation rates in the nation. However, some populations are not getting the help they need, including seniors, rural residents, Latinos and students. In this issue we will highlight efforts to reach these underserved Oregonians through partnerships across the state.

SNAP HELPS
NEARLY

1 in 5

OREGONIANS PUT
FOOD ON THE TABLE.

When the economy improves, fewer Oregonians will need SNAP benefits. In the meantime SNAP is providing relief for tight family budgets.

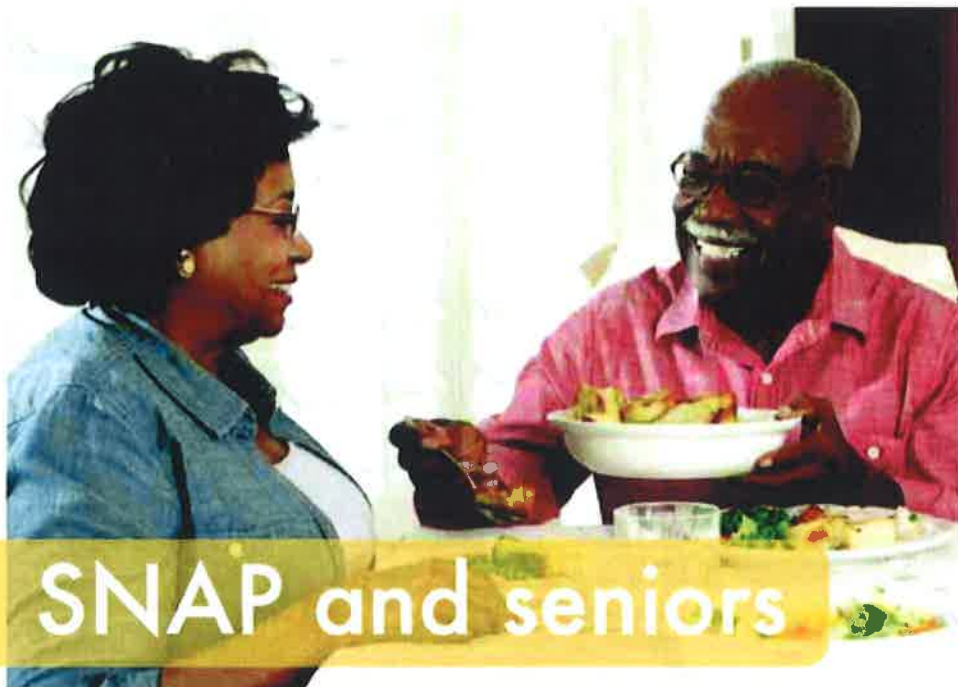
SNAP and rural communities

Partners for a Hunger-Free Oregon (PHFO) enjoyed working with Clatsop Community Action (CCA) in Clatsop County to help more rural Oregonians living in coastal communities learn about SNAP. PHFO provided a small grant to pay for staff at CCA to reach out to a network of community groups. They tabled at Farmers' Markets, distributed brochures through emergency food boxes, and included information about SNAP in their resource guide.

Marlin Martin, director at CCA Regional Food Bank, found that "one-to-one presentations and home visits were the best way to connect people with SNAP."



Reaching underserved Oregonians



Hunger among older adults is often hidden. Thousands of seniors are forced to choose between food and medication every month. Families, friends, and even medical personnel often miss the impact of malnutrition, which can cause memory loss, fatigue, a weakened immune system, or digestive, lung and heart problems. With two out of three eligible seniors missing out on SNAP benefits, outreach is more important than ever.

**For more information visit
www.oregonhunger.org**

The good news is that SNAP can make a critical difference. Most senior households get about \$100 a month in SNAP benefits, with many also qualifying for Farmers' Market vouchers, increasing their access to fresh fruits and vegetables.

In 2012, PHFO held a series of focus groups at senior centers in Washington County. Participants identified a lack of information and stigma as reasons why many seniors are not getting SNAP. Participants recommended using messages about the economic impact of SNAP dollars to help reduce stigma. Visit our website for more information on the focus groups.

Apply online:

<https://apps.state.or.us/onlineAPPLICATION/>

Oregonians can now apply for SNAP online, making it easier for people with mobility issues and hardworking families with limited time.



*Hunger among
older adults is
often hidden.*



New Coalition forming

Partners for a Hunger-Free Oregon is working with AARP Oregon and other partners to co-host discussion forums across the state. Communities will meet to talk about hunger among Oregonians 50+ and identify ways to address the problem locally. The first forum was held in the Portland area in December 2012. Additional forums will be scheduled in 2013 for the mid-Willamette Valley, South Coast area, and Southern Oregon.

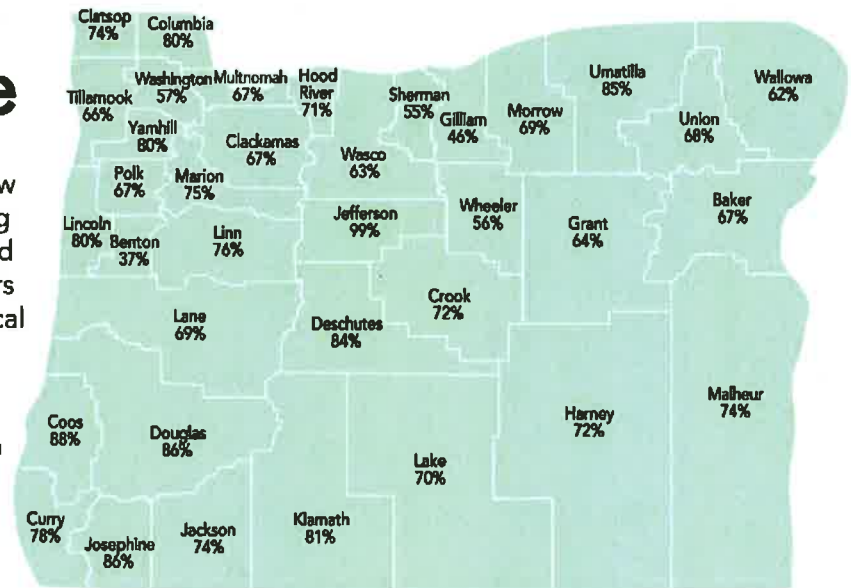
Visit www.oregonhunger.org to learn more.

Participation rate

\$1 of SNAP Benefits
= \$1.79
 in Local Economic Activity

Use this chart to see how many people are getting SNAP in your county and how many federal dollars are coming into your local economy.

Every \$1 dollar of SNAP benefits generates \$1.79 in local economic activity. SNAP brings in over \$1 billion into Oregon's economy each year.



2012 SNAP participation by county

County	Total Population	Average Monthly SNAP Participants	Participation Rate - All Eligible	Senior Participation Rate For Oregonians 65+	Annual Value of SNAP	People Not Participating	Annual Value of Increasing Participation*
Baker**	16,017	3,377	67%	25%	\$4,952,073	1,655	\$2,426,912
Benton	81,178	9,906	37%	31%	\$16,647,920	17,124	\$28,778,415
Clackamas	377,740	47,199	67%	28%	\$76,610,834	23,341	\$37,885,834
Clatsop	36,124	7,125	74%	38%	\$11,273,954	2,534	\$4,009,929
Columbia	48,960	8,879	80%	31%	\$14,225,891	2,274	\$3,643,727
Coos	61,641	15,875	88%	35%	\$25,409,292	2,141	\$3,426,161
Crook	20,819	4,827	72%	31%	\$7,474,464	1,882	\$2,914,041
Curry	22,247	4,154	78%	36%	\$6,537,301	1,201	\$1,889,550
Deschutes	158,647	31,035	84%	30%	\$50,460,645	6,096	\$9,911,651
Douglas	106,274	26,816	86%	41%	\$42,919,451	4,436	\$7,099,891
Gilliam	1,728	228	46%	28%	\$334,053	265	\$388,263
Grant	7,321	1,271	64%	22%	\$1,803,782	716	\$1,016,135
Harney	7,146	1,529	72%	29%	\$2,221,919	580	\$842,847
Hood River	22,113	3,272	71%	34%	\$4,821,143	1,327	\$1,954,584
Jackson	202,247	47,199	74%	32%	\$76,991,978	16,931	\$27,618,195
Jefferson	20,818	6,483	99%	59%	\$10,380,086	65	\$104,065
Josephine	82,040	23,009	86%	47%	\$37,637,184	3,801	\$6,217,521
Klamath	64,990	16,932	81%	36%	\$26,681,465	3,953	\$6,229,142
Lake	7,469	1,527	70%	35%	\$2,342,313	670	\$1,027,734
Lane	346,326	74,734	69%	31%	\$124,653,257	33,780	\$56,343,659
Lincoln	45,412	10,384	80%	35%	\$16,986,766	2,543	\$4,159,373
Linn	117,310	27,094	76%	29%	\$43,239,498	8,368	\$13,354,548
Malheur	28,493	8,032	74%	40%	\$12,286,447	2,847	\$4,355,537
Marion	309,060	75,255	75%	41%	\$120,085,217	25,499	\$40,689,030
Morrow	11,089	2,275	69%	49%	\$3,445,512	1,000	\$1,514,511
Multnomah	733,194	148,694	67%	58%	\$256,068,647	71,673	\$123,429,379
Polk	74,135	11,179	67%	27%	\$17,397,701	5,570	\$8,668,503
Sherman	1,794	282	55%	21%	\$414,652	231	\$339,662
Tillamook	24,378	4,412	66%	24%	\$6,982,066	2,235	\$3,535,933
Umatilla	73,701	15,538	85%	48%	\$23,277,778	2,658	\$3,982,001
Union	25,156	5,078	68%	33%	\$7,788,572	2,398	\$3,678,775
Walla Walla	6,829	1,037	62%	26%	\$1,533,562	623	\$921,320
Wasco	24,527	5,056	63%	39%	\$7,608,758	2,972	\$4,473,151
Washington	533,620	63,629	57%	34%	\$102,574,269	48,028	\$77,424,398
Wheeler	1,443	249	56%	35%	\$361,928	194	\$281,984
Yamhill	93,765	19,005	80%	45%	\$30,080,567	4,788	\$7,578,309
State	3,795,751	732,575	71%	38%	\$1,194,510,945	306,323	\$499,478,897

*People not participating times the average annual benefit.

**Information presented in each row is an independent calculation and not derived from data in rows above or below it.

For more information on the methodology, go to www.oregonhunger.org

SNAP and the farm bill

Congress continues to work on legislation to pass the food and agriculture legislation known as the farm bill. This is an important opportunity to strengthen SNAP, a critical program that helped 47 million Americans in 2012, including over 800,000 Oregonians.

Key recommendations:

Protect the program design: SNAP must be protected from legislation that would cap or reduce funding, restrict eligibility, reduce benefits, or make harmful structural changes that would restrict its ability to respond during emergencies.

Increase Benefits: For most families, SNAP does not last the entire month, leaving them vulnerable to hunger and food insecurity. "Running out of SNAP" is the number one reason Oregonians access emergency food boxes.



Reaching underserved Oregonians

SNAP and college students



Many students struggle to pay for tuition, housing and food. Lack of proper nutrition can impact their ability to concentrate in class, focus on homework, and stay in school.

Many students are eligible for SNAP, but must meet income guidelines and at least one of the following criteria:

- Work 20 hours or more per week (must be paid employment)
- Be a single parent caring for a child under 12 years
- Be in a two-parent household caring for a child under 6 years
- Work any amount of hours in a work-study position

Colleges can help students by providing the most current information on SNAP eligibility. www.oregonhunger.org/snap-for-students

SNAP and Latinos

A U.S. Department of Agriculture estimate showed only 50% of eligible Latino households were getting SNAP, an important support for healthy families. Citizenship is a requirement for most adults, but noncitizen parents may apply on behalf their children who are citizens or documented immigrants. Applying for SNAP does not affect the citizenship process of parents. An exciting new partnership with Univision and KUNP-TV is helping PHFO reach Spanish-speaking Oregonians. The Cita Con Nelly show, PSAs and news segments are highlighting information about SNAP and other food resources.

Visit oregonhunger.org/snap-videos-spanish to view outreach videos.



Partners for a
Hunger-Free Oregon
Ending hunger before it begins.

Take action: help more Oregonians connect to SNAP

- Include information about SNAP in a newsletter you read.
- Add a link to 211info.org to your website.
- Share SNAP brochures at your workplace.
- Host a SNAP outreach training or presentation at your work place or within your congregation.
- Learn about outreach ideas at www.oregonhunger.org/snap-outreach.

For more information:

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A Publication of Partners for a Hunger-Free Oregon
www.oregonhunger.org

Oregon Hunger Task Force

Creating Policies for a Hunger-Free Oregon

We envision an Oregon where all children, families, and individuals have an opportunity to be hunger-free, healthy, and thriving, so they can succeed in school, work, and life. We are committed to forging pathways out of hunger and poverty for all Oregonians and building on our State's recent health and education reforms.

2013 Legislative Policy Priorities

INCREASE ECONOMIC STABILITY

Help Oregonians have sufficient income to pay for their basic needs, including food

Reduce the tax burden on low-wage workers, leaving more income for basic expenses

Invest in the Earned Income Tax Credit (EITC). *SB 326, SB 507; HB 2477, HB 2850*

Strengthen families' stability while they are preparing for work

Invest in the Temporary Assistance for Needy Families (TANF) program. *SB 5529, HB 3440*

Support safe, affordable childcare for low-income working parents

Increase the number of families served by Employment-Related Day Care (ERDC). *SB 5529*

Keep Oregonians stable in their housing

Boost funding for affordable-housing programs. *HB 5015*

Provide temporary support for people with disabilities while they apply for SSI/SSDI

Form a workgroup to identify the best way to re-establish a General Assistance Bridge Program. *HB 2712*

CULTIVATE A STRONG REGIONAL FOOD SYSTEM

Extend access to affordable, locally grown food to all Oregonians

Support the well-being of Oregon's low-income seniors and families

Invest in Senior and WIC Farm Direct Nutrition Programs. *SB 456 (seniors), HB 2921 (WIC)*

Connect more children to Oregon-grown foods at school and in their communities

Increase funding for Farm to School and school gardens programs. *HB 2649*

IMPROVE THE FOOD ASSISTANCE SAFETY NET

Help Oregonians get the food they need to thrive

Feed low-income children when they are most at risk of hunger

Provide start-up grants for nutrition programs for children in afterschool enrichment programs and during summer break. *HB 2729 (startup grants), HB 2730 (summer breakfast)*

Ensure food assistance is available when needed

Increase funds for the Oregon Hunger Response Fund (formerly General Fund Food Program). *HB 5015*

Together, we can end hunger before it begins.

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