



Combating Senior Hunger The Impacts of Hunger and Inequity

According to Feeding America's recent study release, *The State of Senior Hunger*,* 5.2 million seniors aged 60 and older were food insecure in the United States in 2020. This equates to 6.8% of the nation's senior population—the percentage increases to 8.6% in southern states. Mississippi and Alabama rank in the top 10 highest in the nation at 12.2% and 9%, respectively.

Hunger and chronic poor health can create a consequential pattern leaving individuals in a system of nutrition insecurity—which, as defined by the USDA, “emphasizes the coexistence of food insecurity and diet-related diseases and disparities.” Approximately 77% of older adults, 65 years and older, have two or more chronic health conditions, placing them at a higher risk for food insecurity. Almost two-thirds of deaths among older adults are due to heart disease, cancer, stroke and diabetes. Yet, a good diet quality has been shown to mitigate these risks.

Feeding the Gulf Coast is contracted by the USDA to operate the Commodity Supplemental Food Program (CSFP). This program aids us in addressing senior hunger by equipping us to provide monthly food boxes of nutritional staples to registered seniors. Thanks to advocacy efforts to increase our CSFP case load, we will now be able to increase our monthly distribution to more than 3,000 seniors.

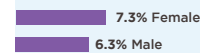
In addition to this valuable program, the food bank is working to address rural, underserved senior communities through a Healthy Food Box initiative. This opportunity will provide low-income seniors with a supply of healthy food, including no salt or low salt vegetables and beans, whole grains, proteins, and fresh produce. This food as medicine approach will help combat depression, asthma, cardiovascular disease, diabetes, and other prevalent chronic health conditions prominent in food-insecure older adults.



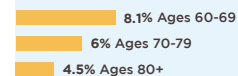
*Percentages represent senior food insecurity rates by category.

Food Insecurity Rates* Among Seniors Vary According to Demographic and Socioeconomic Categories¹

GENDER



AGE



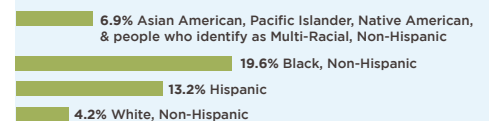
EMPLOYMENT STATUS



GRANDCHILD PRESENT



RACE & ETHNICITY

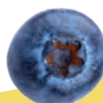


*Images from the Feeding America network.

¹https://www.feedingamerica.org/sites/default/files/2022-05/The%20State%20of%20Senior%20Hunger%20in%202020_Full%20Report%20w%20Cover.pdf

²<https://www.usda.gov/sites/default/files/documents/usda-actions-nutrition-security.pdf>

³https://hungerandhealth.feedingamerica.org/wp-content/uploads/2022/05/FA_HealthEQ_OlderAdults_F.pdf



GET INVOLVED

Visit our website
feedingthegulfcoast.org



FROM THE PRESIDENT & CEO

Hunger has many root causes and can affect those of any age and in all walks of life.

At Feeding the Gulf Coast our mission is to identify those affected by food insecurity and provide them with resources and services that best meet their nutritional needs.

Seniors experiencing food insecurity are of particular concern given many of them are on fixed incomes while facing inflation and other lingering impacts of Covid. With that in mind, we have successfully advocated for more senior commodity supplemental food boxes for our service area. We are also distributing senior disaster emergency food boxes, and we are launching a Senior Hunger initiative that will result in the distribution of food boxes and mobile pantries in areas where seniors live.

Another vulnerable population is children.

Summertime means schools are out and children are ready for fun and adventure.

Unfortunately, 1 in every 4 children faces food insecurity. This becomes particularly problematic when school cafeterias are closed.

This is why we partner with more than 150 organizations to provide our Summer Meals Program to ensure these children do not miss out on important nutritious food while they are being kids for the summer.

Of course, none of this is possible without you.

Through partnerships, volunteerism, and financial support, we continue to strive to be there for those who are facing hunger—together.

MICHAEL LEDGER

PRESIDENT & CEO, FEEDING THE GULF COAST



GETTING THROUGH THE SUMMER

“Being able to give the kids in our community a safe place to go during the summer and knowing that they will be receiving balanced meals is a wonderful thing. Many of our kids come from lower-income homes, and parents don’t always have the option to send healthy lunches with their kids. They know that by sending them to our program, their child will also receive lunch and a snack. Feeding the Gulf Coast has been vital to a worry-free summer where kids just have to worry about how to have fun that day.”

- Salvation Army, Pensacola, FL

Throughout the year, Feeding the Gulf Coast partners with parks and recreation sites, schools, and local community resource centers to provide meals to children in a safe location.

Hunger impacts more than 100,000 children across our gulf coast service area. For kids who count on school meals to stay healthy,

summer vacation could mean three months of worry and hunger, making summer anything but a break.

“If they didn’t give out food, we wouldn’t be eating what we normally eat. Because what they give us is pretty much all we have,” says nine-year-old Iker.* “I’m a kid, but I don’t feel like one because of how much I worry about and all the responsibilities I have at home.”

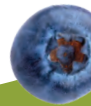
As families continue to face higher prices at the grocery store and gas station, the food bank is working with community partners to ensure nearly 10,000 children receive free meals each week this summer.

Without this program and the wonderful partners who help Feeding the Gulf Coast distribute snacks and meals, some kids in our community would skip eating throughout the day. Together, we can help families and children not only get through the summer, but focus on what really matters—making lifelong memories of summertime adventures.

Parents and caregivers seeking meals for children can visit our website at www.feedingthegulfcoast.org, call our office at (888) 704-FOOD or text FOOD to 304304.



*Images and quote from the Feeding America network.



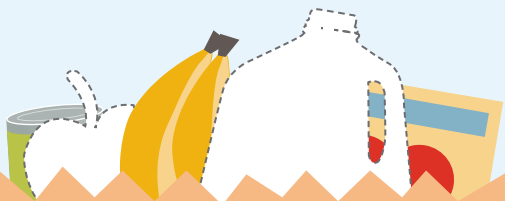


Pandemic-era food programs are expiring, the challenges remain.

Government assistance programs were strengthened during the pandemic to help families overcome new barriers. Many of those programs are now sunsetting, creating a gap that will threaten families' overall wellbeing as they still work towards stability.

The food bank is not immune to the rising costs of food and transportation costs. Feeding the Gulf Coast is experiencing a more than 50% increase in transportation expenses while struggling to secure steady streams of food supply to meet our agencies' needs.

Families and food banks are facing a perfect storm of challenges. Skyrocketing food prices have made it harder for families facing hunger to access enough to eat and have strained food pantries' ability to continue supporting our neighbors in need. Fortunately, lawmakers can take action to help protect programs and put more food on more tables.



Visit feedingthegulfcoast.org/get-involved/hunger-advocacy or use your phone to scan the QR code below to urge Congress to help protect programs.

Scan me



BECOME A HOPE HARVESTER

Hunger can be a daily burden for families and individuals struggling to make ends meet. To address this, the food bank relies on consistent support to sustain our mission and programs. Thankfully, the food bank is blessed with a strong group of committed donors who automatically sow seeds into the food bank's mission.

Our Hope Harvester Donors give automatically on the date of their choice monthly through our recurring giving program. These donors have shared that they enjoy both the convenience of the program and also the impact they are making. Others have their own experience with food insecurity and know just how vital the food bank's mission is to provide support within their community.

"In my life, so many people have helped me as a single mother raising two girls. When I needed help, someone always showed up. I would like to be the person showing up now in the way that I can. Hunger is real, and it is a real and personal problem for each of us who have the resources to help. It doesn't take one person giving a lot - it takes a lot of people giving what they can. I am so grateful, in my winter years, that I can give back and show up. I've always been impressed with how your organization uses the resources given."

To learn more or to join our Hope Harvesters program, please contact Cyndy Baggett, Vice President of Development and Marketing, at (251) 653-1617 x130 to set up your donation today or visit feedingthegulfcoast.org and click 'Donate Now.' Choose 'monthly' under make your gift recurring.



Perks of Joining

Quarterly insider updates and newsletters to keep you informed

Removal from regular direct mail solicitations

Priority invitations to special events and volunteer opportunities

Annual statements in January for easy tax preparation

Convenient "set it and forget it" automatic monthly donations to support our shared mission year-round

Recognition as a Hope Harvester in our Annual Report (unless requested otherwise)

Behind-the-scenes VIP tours available on request

Most of all, the knowledge that every \$1 donated provides 5 meals for families and children facing hunger right in your community



Hope Harvester
MONTHLY GIVING PROGRAM
Start sowing seeds today!



Feeding the Gulf Coast works towards the vision of establishing a hunger-free Central Gulf Coast for our neighbors in need throughout 24 counties in Alabama, Mississippi, and the Florida Panhandle.

The food bank distributed more than 27.5 million meals in 2021 through our network of more than 400 partners.

BOARD OF DIRECTORS

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This institution is an equal opportunity provider.
VISIT OUR WEBSITE FOR FULL STATEMENT



DISASTER PREPAREDNESS



When a disaster strikes in our service area, Feeding the Gulf Coast works to distribute food and supplies to the affected communities as quickly as possible. This requires the food bank to work ahead of storms and remain disaster-ready throughout the year, especially during the peak storm season. June 1 through November 30 marks the official hurricane season for the central Gulf Coast.

Prepare Now

Scan the QR code above, or visit our website at feedingthegulfcoast.org/learn-more/our-programs/disaster-preparedness for tips and plans you can use to prepare your home and family this hurricane season.



GET INVOLVED

WHEN SCHOOL ENDS, THE SUMMER MEALS PROGRAM BEGINS!

Children, 18 and younger, can receive free meals this summer. To find sites near you, call our office at (888) 704-FOOD or visit our website and click the orange, Find Food button.

Use the locator tool to enter your zip code and find meal sites near you. Each program has a different process, so we encourage you to call ahead before visiting.

HOST A FOOD AND FUND DRIVE THIS SUMMER

Summer is a wonderful time to get your business or organization involved with the food bank. To set up a food and fund drive, visit our website or contact Missy Busby at mbusby@feedingthegulfcoast.org

WAREHOUSE HOLIDAY

The food bank will be closed on September 5 in observance of Labor Day.

APRIL 13, 2023 23RD ANNUAL CHEF CHALLENGE EVENT

Plans are underway for our 23rd Annual Chef Challenge.

This culinary experience serves up a night of friendly competition which brings together an eclectic group of local chefs and restaurants to fight hunger in our community.

To become a sponsor or chef participant, visit our website or call us at (251) 653-1617, ext. 141.



visit FEEDINGTHEGULFCOAST.ORG | (888) 704-FOOD

MAKE A DIFFERENCE TODAY!

\$20 \$50 \$100 \$250 \$500 Other: _____

I would like to join the Hope Harvesters Monthly Giving Club.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Email Address _____

Feeding the Gulf Coast's federal identification number is 63-0821997.

Payment Options

Please charge my credit card:

Visa Mastercard Discover AMEX

Card Number _____

Name on Account _____

Exp. Date _____ CVV _____ Zip _____

Signature _____

Please make check payable to: **Feeding the Gulf Coast**

Give online at www.feedingthegulfcoast.org/donate

Donor opt-out policy: If you wish to opt out of having your name listed as a donor in any of our publications, please email communications@feedingthegulfcoast.org.