

Oregon Food Bank

10 Hunger Facts for Food Drives

Hunger Fact 1

Emergency food box distribution is, once again, on the rise. distribution of emergency food boxes **increased 5 percent** – from 752,000 to 792,000 – during the last fiscal year (July 1, 2007, to June 30, 2008). That's **40,000 more emergency food boxes – the first significant increase in four years.** In some pockets of the state demand was up **nearly 30 percent.**

Hunger Fact 2

Your \$10 donation will help OFB collect and distribute enough food to for 30 meals.

Hunger Fact 3

Food donated during food drives is some of the most nutritious food that Oregon Food Bank receives.

Most Wanted Foods:

- canned meats (i.e., tuna, chicken and salmon)
- canned and boxed meals (i.e., soup, chili, stew, macaroni and cheese)
- peanut butter
- canned or dried beans and peas (i.e., black, pinto and lentils)
- pasta, rice and cereal
- canned fruits
- 100 percent fruit juice (canned, plastic or boxed).

Hunger Fact 4

Food collected during food drives remains in the community where it was collected.

Oregon Food Bank distributes food to more than 915 hunger-relief agencies in Oregon and Clark County, Wash. These agencies distribute food in the form of meals or emergency food boxes. An emergency food box contains a three-to-five-day supply of food.

Hunger Fact 5

Families and children face the greatest need.

- 50 percent of households receiving emergency food are families with children.
- 36 percent of those who ate food from an emergency food box last year were children.
- An average of 75,000 children per month ate meals from an emergency food box in Oregon and Clark County, Wash., last year.
- Children who are hungry have more difficulty learning in school.
- Early childhood hunger and malnutrition can result in irreversible health problems, such as hypertension, diabetes, kidney and heart disease, later in life.

Hunger Fact 6

Most adult emergency food box recipients are working, retired or disabled.

46 percent of recipient households had at least one working adult.

Hunger Fact 7**Hunger is an income problem.**

- People are hungry because they don't make enough to cover basic living costs.
- The high cost of housing, health care, childcare and fuel make it difficult for low-income individuals and families to have enough money to pay for food.

Hunger Fact 8**Oregon Food Bank is effective and efficient.**

Less than 6 percent of the general fund goes to administration, including fund-raising.

Hunger Fact 9**Oregon Food Bank is a nonprofit, charitable organization. It is the hub of the Oregon Food Bank Network, a statewide network of 20 regional food banks and 915 agencies and programs serving Oregon and Clark County, Wash.**

Oregon Food Bank recovers food from farmers, manufacturers, wholesalers, retailers, individuals and government sources. It then delivers that food to 20 regional food banks covering OFB's service area. Regional food banks distribute this food and additional resources from local donations to nonprofit programs serving low-income people in their communities.

Sixteen of the 20 regional food banks are independent charitable organizations. OFB directly operates the four regional food banks serving the Portland metro area, southeast Oregon and Tillamook County. Those four centers distribute food to 340 food pantries, soup kitchens, shelters and other programs helping low-income individuals in Clackamas, Clark, Multnomah, Washington, Harney, Malheur and Tillamook counties.

OFB also works to eliminate the root causes of hunger through advocacy, nutrition education, learning gardens and public education.

Oregon Food Bank's mission is to eliminate hunger and its root causes ... *because no one should be hungry.*

Hunger Fact 10**You can help in multiple ways.**

- Donate food.
- Donate funds.
- Volunteer (i.e., Fresh Alliance, Volunteer Action Centers, Learning Gardens, Nutrition Education, office, events, Speakers' Bureau, advocacy).
- Learn more. Visit www.oregonfoodbank.org
- Advocate. Educate others.

