

Oregon Food Bank

10 Hunger Facts for Food Drives

Hunger Fact 1

In an average month, an estimated 192,000 people in Oregon and Clark County, Wash. ate meals from an emergency food box last year.

Hunger Fact 2

For every dollar you donate, Oregon Food Bank can collect and distribute about five pounds of food through its food distribution program.

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 919 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.

- 49 percent of households receiving emergency food are families with children.
- 37 percent of those who ate food from an emergency food box last year were children.
- An average of 71,040 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.

47 percent of recipient households had at least one working adult. That's up from 43 percent in 2004 and 37 percent in 1996.

Hunger Fact 7

Hunger is an income problem.

- People are hungry because they don't make enough money 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 5 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 919 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.

