SNAPSHOT OF HUNGER 2019
Annual Statistics for Oregon Food Bank and the Oregon Food Bank Network
Serving Oregon and Clark County, Washington

WHO WE SERVE
526,640 Oregonians are food insecure, and the number increases to 582,620 when you include Clark County, Wash. That’s 1 in 8 individuals. (Feeding America, Map the Meal Gap)

177,030 children in Oregon live in food insecure households, and the number increases to 198,240 when you include Clark County, Wash. That’s 1 in 5 children. Oregon ranks 16th in the country for child food insecurity. (Feeding America, Map the Meal Gap)

212,205 Oregon households are food insecure. (USDA Household Food Security in the United States, 2018)

Oregon ranks 20th in the nation for food insecurity. The federal government defines food insecurity as not having enough food for an active, healthy lifestyle. (Household Food Security in the United States 2018)

The Oregon Food Bank Network serves 260,000 people each month. The numbers drop to 240,000 when you look just at Oregon (excluding Clark County, Wash.). (Oregon Food Bank, Partnership & Programs Annual Report FY17/18)

The rate of household food insecurity is 12.9% in Oregon. It has yet to drop back down to pre-recession levels. (USDA Household Food Security in the United States, 2018)

Food assistance makes a difference. 79% of households utilizing food pantries are able to meet their needs for the month with the help of a pantry. 43% of households served by the Oregon Food Bank Network seek food assistance from a pantry 10 or more times per year. (Oregon Food Bank, Hunger Factors 2018)

We asked our clients what factors would make food assistance less necessary — here’s what they told us: employment, including better jobs and higher wages; federal benefits (such as SNAP, Social Security) that keep better pace with the cost of living; and affordable housing. (Oregon Food Bank, Hunger Factors 2018)

63% of people seeking food assistance rent their home (56% in rural communities), 21% own their home (32% in rural communities), 14% are unhoused, and 2% are in assisted living. (Oregon Food Bank, Hunger Factors 2018)

SNAP helps pregnant and breastfeeding women, infants and children who have health or nutrition risks. Most who participate in WIC (73%) are working families. And five out of seven are children under age five. The data also shows WIC provides economic benefit to the state. In Clark County, Wash., over 15,000 women, infants and children participate in the program. (Oregon Health Authority, Oregon State WIC Program, 2018; Washington State Department of Health, 2017)

THE ROLE OF SNAP & WIC
Through SNAP (formerly food stamps), more than 615,000 Oregonians receive nutrition assistance each month via an Electronic Benefit Transfer card (the Oregon Trail Card) that can only be spent on groceries at authorized retailers. Each year, SNAP brings nearly a billion dollars of grocery purchasing power into our state, into rural grocery stores and into the homes of our neighbors struggling with hunger. (Oregon Department of Human Services)

SNAP helps those who need it most. Most working-age adults receiving SNAP are working or are looking for work; more than 43% are in working families. More than 55% of SNAP recipients are in families with children and almost 34% are in families with members who are elderly or have disabilities. In 2017, SNAP lifted 34 million people out of poverty. (Center on Budget and Policy Priorities, December 2018)

The federal government plays a key role in ending hunger in America. For every meal provided by the national Feeding America Network of food banks, SNAP provides 12 meals. Food banks simply cannot make up for the loss of SNAP benefits. (Oregon Food Bank, Hunger Factors 2018)

57% of people accessing food assistance through the Oregon Food Bank Network receive SNAP. That drops to only 44% of Latinx clients. (Oregon Food Bank, Hunger Factors 2018)

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COMPOSITION OF HOUSEHOLDS ACCESSING FOOD ASSISTANCE
(Orange Food Bank, Hunger Factors 2018)

HOUSEHOLDS
28% More than one adult with no children
23% Single person
20% Two adults with at least one child
17% More than three adults with at least one child
12% Single adult with at least one child

AGE
11% 0-5 years
20% 6-17 years
53% 18-64 years
16% 65+ years

EMPLOYMENT
45% At least one working adult
33% Unable to work or retired
17% Unemployed
5% Staying at home to care for a child, senior or person unable to work

RACIAL/ETHNIC SELF-IDENTIFICATION OF PEOPLE SERVED BY THE OREGON FOOD BANK NETWORK (Oregon Food Bank, Hunger Factors 2018)

66% White
13% Latino/Hispanic
6% Multi-racial
3% Black/African American/African
2% Indigenous people/Native Americans/Akia Native/Alfie/Skimo

68% White
2% Slavic Asian/Pacific Islander
2% Middle Eastern
<1% Other or prefer not to answer

THE ROLE OF SNAP & WIC
Through SNAP (formerly food stamps), more than 615,000 Oregonians receive nutrition
WHO WE ARE

- Oregon Food Bank believes that no one should be hungry, that hunger starves the human spirit, and that everyone deserves healthy, fresh food.
- We have spent three decades building a highly effective, nimble and collaborative community response to hunger through a statewide network of 22 regional food banks and 1,200 programs and partners serving 800,000 people in Oregon and Clark County, Washington.
- We are halting the spread of hunger! The number of people seeking food assistance has stabilized. According to the USDA, the percentage of Oregonians facing food insecurity is decreasing for the first time in three decades.
- Yet nearly 13% of Oregonians still worry about how to feed themselves and their families. And some communities – particularly communities of color and rural communities – are impacted even more deeply by hunger. If hunger were a disease, we could call this an epidemic.
- We pursue public policies that address the root causes of hunger. We believe that eliminating systemic inequities and revitalizing our communities will improve the lives of people facing food insecurity.
- We nurture cooking and gardening skill-building opportunities with people experiencing hunger, and cultivate strong local food systems and connections to health care.
- We believe that hunger is the result of exclusion and of not having enough – not having enough food, enough income, enough power, enough represented voice.
- Ending hunger in Oregon and southwest Washington will require the efforts of each and every one of us. A gift of just $10 provides 30 meals to someone facing food insecurity.

OUR HEALTH FOCUS

More than ever are being screened for food insecurity by their healthcare provider, and offered resources at that point of care. Oregon Food Bank is now partnering with more than 350 health care systems across the state, screening hundreds of thousands of Oregonians. (Oregon Food Bank, Partnership & Programs Annual Report FY1718)

Thanks to our work with the Veterans Health Systems in Oregon, homeless veterans are now being screened for food insecurity in VA facilities all across the country.

60% of respondent households reported that all adults had health insurance, 84% of respondent households have health insurance coverage for all children, 31% of respondent households reported medical debt (owing money to a hospital, doctor, or dentist). (Oregon Food Bank, Hunger Factors 2018)

We are now supporting partners to implement cooking and gardening programs in 65% of counties in our service area, reaching over 2000 participants a year. Our focus is on expanding partnerships with culturally specific and culturally responsive organizations, and in the last year we developed new partnerships with organizations who are reaching Latinx, black, tribal, immigrant and refugee communities. (Oregon Food Bank, Partnership & Programs Annual Report FY1718)

Some of our clients are managing chronic health conditions. 27% of respondent households have at least one person who has diabetes, 47% of respondent households have at least one person with high blood pressure. (Oregon Food Bank, Hunger Factors 2018)

OUR VOLUNTEERS

More than 40,000 individuals volunteered over 200,000 hours of their time in support of hunger-relief last year. All together, they packed 19,931,442 pounds of food for our communities. Thank you! (Oregon Food Bank 2018)

77 Nutrition Education volunteers facilitated almost 800 Cooking Matters class sessions last year, reaching 1,829 participants.

More than 100 Seed to Supper volunteers facilitated 44 gardening classes last year, reaching 1,345 participants. The Seed to Supper Ambassador Program recruits and trains garden leaders from immigrant and refugee communities in Portland. Three ambassadors are providing support to over 49 community members in their native languages. Through the use of volunteers, our Learning Gardens help grow and distribute starts for planting, often focused on culturally specific crops. Over 10,000 starts were distributed. (Oregon Food Bank, Partnership & Programs Annual Report FY1718)

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