

LEARNING RESOURCES:

BAGGED MEALS

Many transitional housing shelters and hot meal providers in our community run critically short of food and rely on donations to ensure that their clients get healthy, nutritious meals.

By donating these meals, we ensure that individuals experiencing hunger and homelessness receive a healthy, nutritious, fun meal that makes them feel special.

Facts about Hunger and Food Insecurity:

- 42.2 million Americans, or 1 in 8, are **food insecure**, meaning that they lack consistent access to enough food for an active and healthy life (USDA definition).¹
- In Baltimore, a "Food Desert" is defined as an area where the distance to a super market is more than ¼ mile, the median household income is at or below 185% of the poverty level, and over 30% of the households do not have access to a vehicle.²
- A 2015 study found that 1 in 4 Baltimore city residents live in areas defined as Food Deserts. For children, the number is even higher, with 30% living in such areas.²

Jewish Value connected to this project:

Ha'achalat Re'evim - האכלת רעבים - Feeding the Hungry

Consider these quotes:

"Hunger is not a problem. It is an obscenity. How wonderful it is that nobody need wait a single moment before starting to improve the world."

– Anne Frank

"This is a great country, but fortunately for you, it is not perfect. There is much to be done to bring about complete equality. Remove hunger. Bring reality closer to theory and democratic principles."

– Justice Thurgood Marshall

Discussion Questions:

- What role do you think distance to a grocery store, income, or access to a vehicle play in getting access to healthy foods?
 - Where do you get food when you need it? How many choices do you have?
- Each bagged meal will reduce one person's hunger for one evening. What can we do to reduce hunger as an issue for society? What needs to change?

¹ <https://hungerandhealth.feedingamerica.org/2018/09/poverty-food-insecurity-rates-improved-2017-1-8-people-still-risk-hunger/>

² https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/_pdf/research/clf_reports/Baltimore-Food-Environment-Report-2015-1.pdf