

Sample of Public Officials Who Have Participated in Past Hunger Challenges

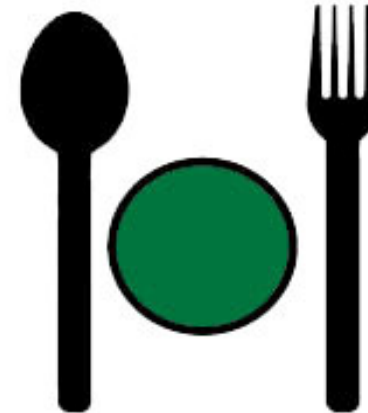
U.S. Senator **Blanche Lincoln**
U.S. Representative **Barbara Lee**
U.S. Representative **Jim McGovern** and spouse **Lisa McGovern**
U.S. Representative **Jo Ann Emerson**
U.S. Representative **Jan Schakowsky**
U.S. Representative **Tim Ryan**
San Francisco, CA Assemblyman **Mark Leno**

The Rules

- Spend just \$4 a day or \$28 a week (per person) for your entire food and drink budget. The \$28 limit includes any food and drink consumed inside or outside of your home, as well as any staples or condiments you have on hand (salt, pepper and tap water are considered "free").
- Do not accept any free food from family, friends or at work (that means coffee, too!).
- If you have a garden, please price-out any produce you source from your garden based on supermarket or farmers market prices in your area and include that cost in your \$28 total. (Most urban poor do not have access to land for gardening, nor do they have the time to cultivate a garden - many work two or more jobs.)
- If you forage for food, please consider whether the urban poor (with limited transportation and time) would have access to those food items in their neighborhood.
- Please share your experiences (if you can) and help create awareness about what it's like to eat on a tight budget.
- Share your experiences on Facebook. What's it like: menu planning, shopping for food, your day-to-day eating, and recipes. Is it difficult? How do you feel? What do your family and friends think?

Could you eat on \$4 a day?

Join us for the
HUNGER CHALLENGE



April 3—April 9, 2011

Find us on Facebook at
CHICO STATE HUNGER CHALLENGE!

Kick-Off Event at the Saturday Farmers' Market
April 2, 2011 from 7:30am-1pm
1st & Wall St.—Downtown Chico



For more information contact:
Wendy Kaplan (530) 898-4509
chicostate_hc11@yahoo.com
Chico State Health & Community Services Department

What is the Hunger Challenge?

For one week, spend just \$4/day (per person) for your entire food and drink budget. This is the average amount that food stamp recipients have to spend on food.

Why Take the Challenge?

The Hunger Challenge gives participants a glimpse of what life can be like for millions of low-income Americans. Challenge participants are forced to make difficult food shopping choices, and often realize how difficult it is to avoid hunger, afford nutritious foods, and stay healthy. The cost of a container of coffee and fresh fruits and vegetables will never be looked at the same way.

While living on a food stamp budget for just a week cannot come close to the struggles encountered by low-income families week after week and month after month, it does provide those who take the Challenge with a new perspective and greater understanding.

- Despite California's economic and agricultural prosperity, one in six Californians is hungry or at serious risk of hunger—significantly worse than the nation as a whole.
- There has been a 30% increase in requests for food at the North State Food Bank (serves Butte, Yuba, Sutter, Glenn, Colusa, Plumas and Sierra Counties) in the last two years.
- More than 9,000 people receive food every month through the North State Food Bank's programs.
- 30.4% of adults in Butte County live in food insecure households.
- 1 in 4 children in Butte County are living in poverty.

What is CalFresh?

CalFresh is the name of California's Food Stamp Program. It is the single most important program in the fight against hunger. The program is designed to improve the nutrition level and food purchasing power of people with low incomes. However, in many cases, the benefits received are too low to allow families to purchase nutritious food to feed their families healthy meals on a consistent basis. Many families report that their benefits do not last the entire month and are forced to turn to food pantries and soup kitchens.

- In 2009, approximately 60% of CalFresh recipients were children
- The majority of CalFresh participants utilize the program to get back on their feet. The average time a household receives benefits is 9 months.
- A recent report by the California Budget Project found that a family with two working parents and two children would need an annual income of \$72,343 to make ends meet. But if a family of four earns more than \$28,668/year, they would not qualify for CalFresh.
- In addition to helping families make ends meet, CalFresh also gives back to California's economy. For every \$5 in CalFresh benefits used in grocery stores or local Farmers' Markets, close to \$10 is generated in local economic activity.
- On average, \$1 billion of retail food demand by CalFresh recipients generates 3,300 farm jobs
- Many people choose not to participate in CalFresh because of the stigma attached to receiving public benefits. However, CalFresh is not a welfare program – it is a nutrition program.