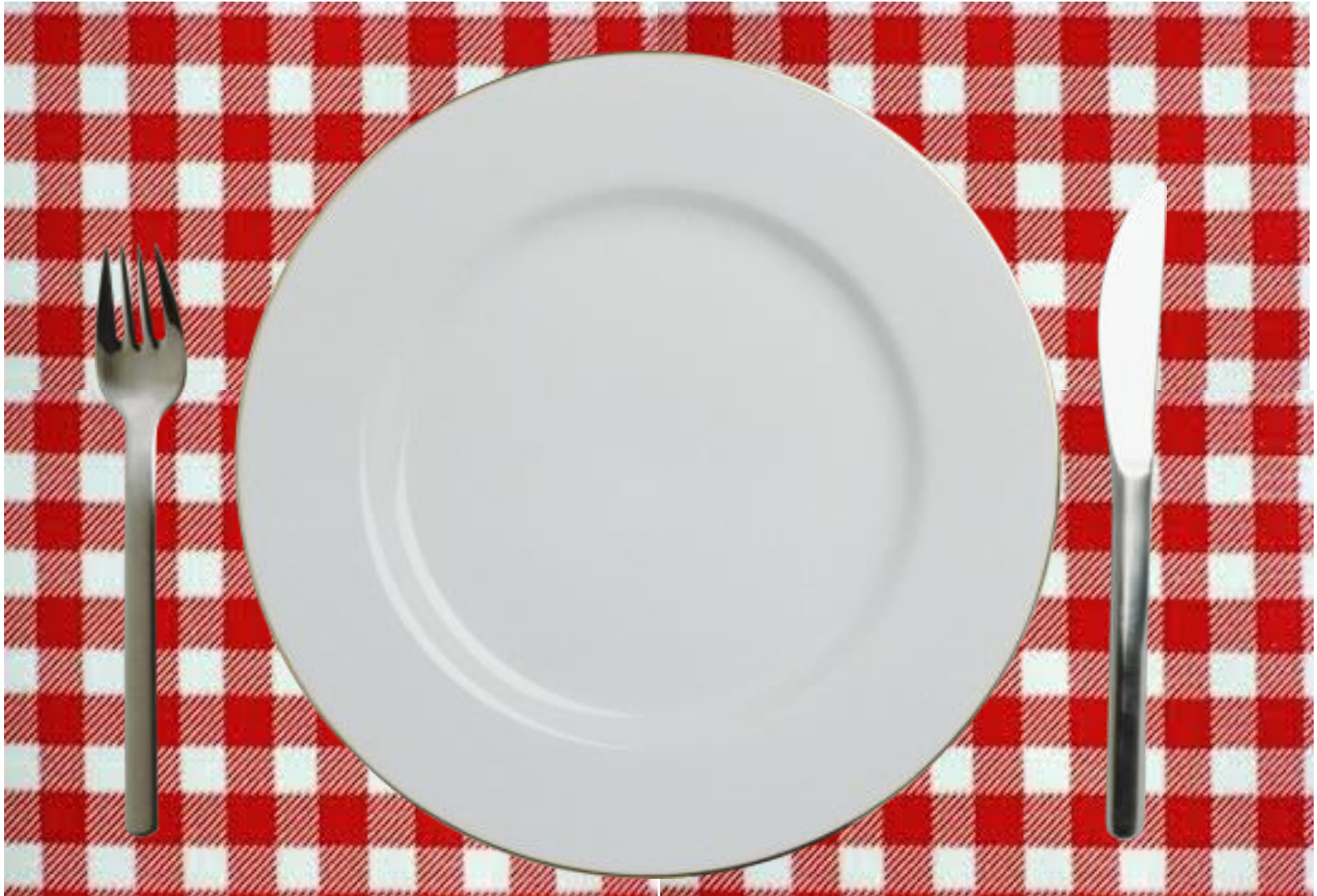
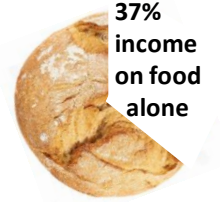


*It wasn't my turn to eat dinner**



*A Monterey County elementary school teacher in 2013 was instructing her students on healthy nutritional choices. Going around the room, students were asked what they had for dinner on the night before. “Nothing,” one boy answered, “*It wasn't my turn to eat dinner.*”

In Salinas, a single woman with children pays **37%** of her income on food alone. **3366** children are estimated to be affected.



Single female householder with children under age 18
2010 Census

City	% on food cost	Average family size	Estimated # of families affected*
Salinas	37%	3.8	4,891
Castroville	59%	4.4	193
Chualar	59%	5.3	36
San Ardo	39%	3.6	11

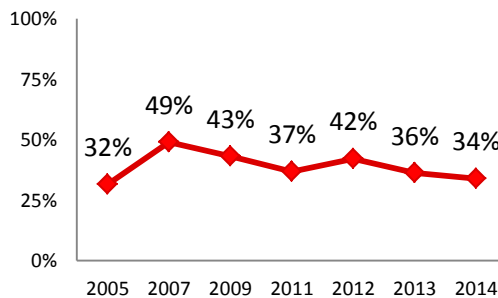
*Total affected families in Monterey County: 10,575

Food insecurity
2014



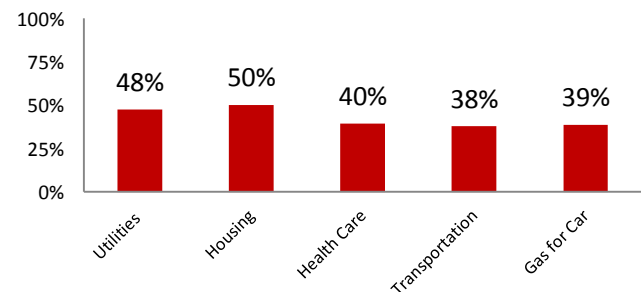
CA Health Interview Survey

Can't afford enough food
2005-2011



CA Health Interview Survey

Monterey County Food Bank clients forced to choose between paying for food and other selected necessities
2009-14



Hunger in America Local Report, 2010

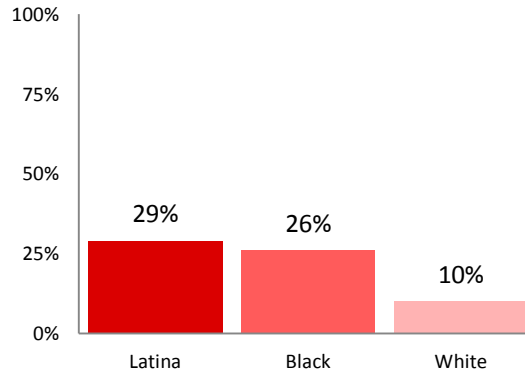
Hispanic and Black pregnant women are **more than twice** as likely to experience **food insecurity** compared to White women



24% of Monterey County's pregnant women experienced food insecurity in 2014

Monterey County pregnant women with food insecurity by race/ethnicity

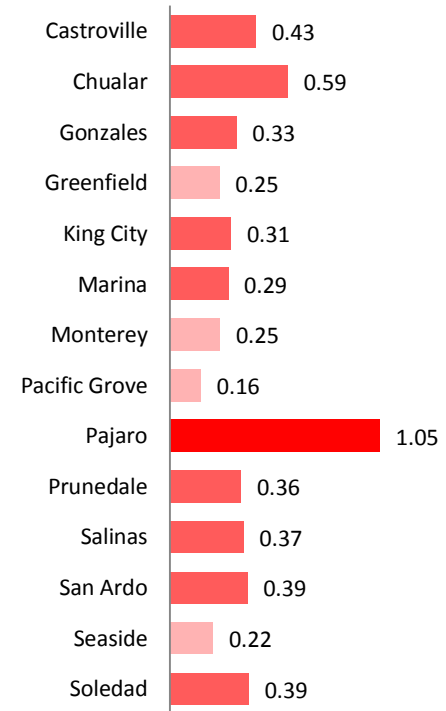
2010-2012



CDPH Maternal and Infant Health Survey

Ratio of food cost to income for female-headed household with children under age 18

2006-2010



Hunger in America Local Report, 2010

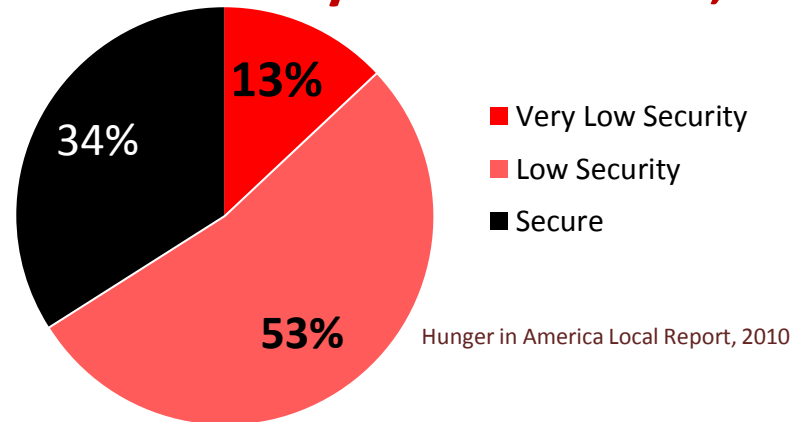
Food insecurity is a household economic and social condition of limited or uncertain access to adequate **food**.

Hunger is an individual-level physiological condition that may result from **food insecurity**.

In 2013, approximately **53,080 Monterey County residents** had low or very low food security



Salinas Valley farmworkers, 2010



*"If you're down to your **last few dollars** and payday is still several days away, you become hyper-aware of how every single dollar is spent. It's a stressful and exhausting way to live."*

Chris Moss, Health Department
Lee Hulquist, Food Bank

Latinos in California who **worry about where their next meal will come from** are more likely to report serious psychological distress.

Becerra, B. in Preventing Chronic Disease, 2015;12:150334

Very low food security is multiple indications of disrupted eating patterns and reduced food intake.

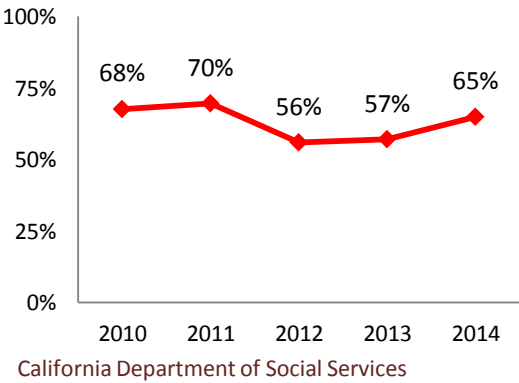
Low food security is reduced quality, variety, or desirability of diet with little or no reduced food intake.



52,011 Monterey County children received school meals in 2014, but only **6,741** received meals during the summer – potentially leaving **45,270** children to experience hunger for three months



Eligible Monterey County residents participating in CalFresh nutrition assistance program 2010-2013



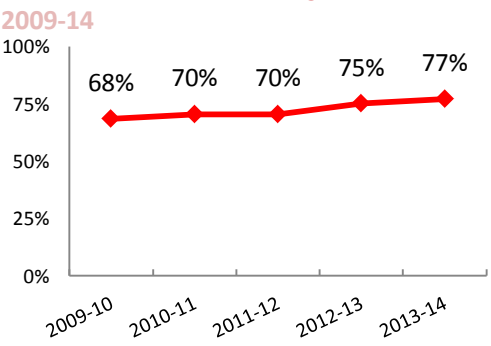
Nearly **1** in **3** pregnant Monterey County women accessed a nutrition assistance program in 2012



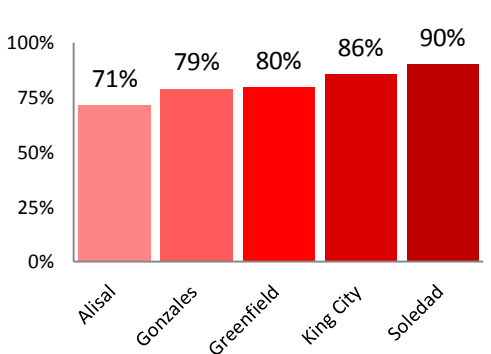
CDPH Maternal & Infant Health Survey

20,000 Participants access Monterey County WIC nutrition services each month

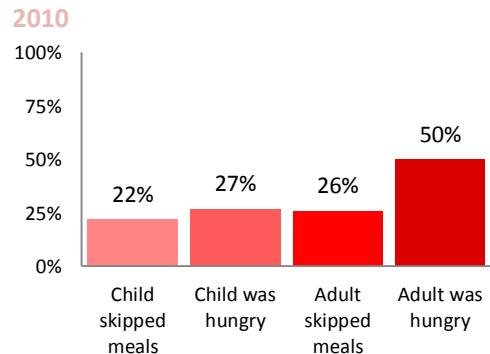
Monterey County students participating in the National School Lunch Program 2009-14



High school students eligible for free lunch 2010



Monterey County Food Bank clients with persistent food insecurity 2010



Increased CalFresh participation would bring Monterey County residents about **\$45.8 million** in Federal nutrition benefits. Circulating those funds through Monterey County would result in **\$82 million** in additional economic activity.

California Food Policy Advocates, 2013



85

Number of Monterey County schools with a salad bar

Team California for Healthy Kids Survey, 2014



The **Food Bank for Monterey County** annually serves **1/5th** of the County's residents with **6 million pounds** of food

Qualifying for CalFresh food assistance:

- Can be done online
- Can be done in **30** days
- Can be expedited in **3** days for migrant or seasonal farm workers
- Does not affect other benefits
- Can be renewed/re-applied
- Is not reported to any other government agency
- Undocumented parents can apply for their children who have legal status

http://www.cdss.ca.gov/calfreshoutreach/res/Toolkit/Appendices-GeneralMarket/GeneralMarketAppendices_F8_MythsandFactsAboutCalFresh.pdf



Monterey County Health Department, 2015. For more information see www.mtyhd.org/index.php/services/general-health/nutrition-education-and-obesity-prevention-neop or www.mtyhd.org/index.php/services/general-health/women-infants-children-wic/