

### Point A to Point B

Improving
Access to
Healthy Foods in
Food Banks







### **Future of Food Free Webinars**

Month	Webinar	
February	Hungry and Overweight: How is it Possible?-recorded	
March	Contributors and Effects of Food Insecurity: Nutrition and Beyond-recorded	
April	School Meals and Community Partnerships: Creative Solutions against Food Insecurity-recorded	
May	Point A to Point B: Improving Access to Healthy Foods in Food Banks	
June	A Flavorful Pairing: Nutrition Education in Food Banks	
July	Ready, Set, Go: Unveiling Access to Quality Nutrition Education Resources	

Register at www.eatright.org/foundation/kidseatright







## Learning Objectives



- Identify at least two current challenges for Food Banks to distribute healthy foods.
- Identify at least two improvements Food Banks are making to distribute healthier foods.
- Describe one way you can help support healthy foods in Food Banks.



## Outline

- Current Challenges in Access to Healthy Foods
- Trends in Improving Healthy Foods in Food Banks
- How You Can Support Healthy Foods in Food Banks



### A Message from Strategic Policy and Partnerships:



Mary Pat Raimondi, MS, RD

Academy of Nutrition and Dietetics

Vice President of Strategic Policy and Partnerships "Thank you for participating in this webinar. Food security is a very important focus in our public policy efforts. Our goal is that all Americans have access to healthy safe food. Equally important is that families have the knowledge to make healthy choices. We are the leaders in providing innovative and engaging nutrition education that empowers families to have this knowledge. I am proud to share with members of Congress and the White House your work and efforts in reducing food insecurity and increasing knowledge. Please continue your efforts and share your stories and outcomes."

## Today's Speakers



Michelle Berger Marshall, MS, RD Director of Nutrition Feeding America



Jenny Karl, MS, RD, LDN
Director of Communication
New England Dairy & Food Council
National Dairy Council affiliate







WHILE THE ECONOMY IS RECOVERING, HUNGRY AMERICANS ARE NOT.

FOOD INSECURITY REMAINS AT RECORD HIGHS.











## AMERICANS ARE PRESSURED FINANCIALLY DUE TO A CONVERGENCE OF ECONOMIC STRESSES 3,4

#### UNEMPLOYMENT

is still near 8% nationwide and in high food insecure counties it is 13%

#### PRICE SURGES

for gas, food & other daily staples are decimating family budgets

#### HOUSING CRISIS

has forced many out of their homes while others are underwater and unable to sell

#### PERSONAL DEBT

in the U.S. is highest in history





IN THESE TIMES OF NEED,
MORE AND MORE PEOPLE
ARE TURNING TO THEIR
LOCAL FOOD BANK FOR HELP.

# 1 MILLION 5 MORE PEOPLE

COMPARED TO FOUR YEARS
PRIOR, ARE SEEKING
EMERGENCY
FOOD ASSISTANCE FROM THE
FEEDING AMERICA NETWORK
EACH WEEK.









THE FEEDING AMERICA NETWORK IS

## STRAINING UNDER THE PRESSURE 5

- More than 70% of agencies reported they are facing one or more problems that threaten their ability to continue operating.
- Less food is entering the network due to declines in federal commodities and donations from manufacturing companies.
- Changes in SNAP means fewer people will be able to access benefits and will turn to the network for help.





### HOW OUR NETWORK WORKS



#### **DONATIONS ARE MADE**

Feeding America secures donations from the food and grocery industries, government agencies, individuals and other organizations.



#### **FOOD IS MOVED**

Feeding America moves donated food and grocery products through member food banks to where they are needed most.



#### **FOOD IS DISTRIBUTED & STORED**

Member food banks ensure the safe storage and reliable distribution of donated goods to local charitable agencies.



#### FOOD REACHES THOSE IN NEED

Donations are provided to people in need at food pantries, soup kitchens, youth programs, seniors centers and emergency shelters.





## Feeding America: Our Impact



#### 37 MILLION **AMERICANS**

served annually, including 14 million children and 3 million seniors.



#### 8 MEALS

supplied for each dollar donated.



### **3 BILLION MEALS**

distributed annually.



#### **549 MILLION POUNDS**

of fresh produce sourced by our network in FY12.



#### 202 FOOD BANKS

in our network.



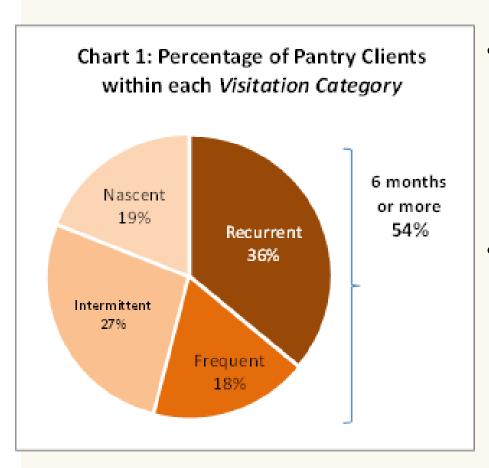
#### **650,000 VOLUNTEERS**

help carry out our vision for a hunger-free America.





## FROM "CRISIS" TO "CHRONIC" 5



- More than 1/3 of clients in Hunger in America 2010 study reported visiting a food bank every month for at least 12 months
- Clients often combine
   multiple strategies to
   meet household needs,
   including federal
   programs like SNAP and
   regular pantry visits

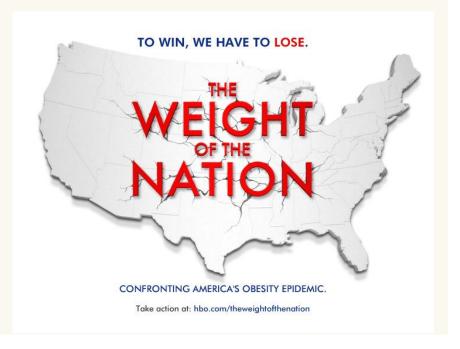


## RISK FACTORS FOOD INSECURITY & OBESITY

People at risk for food insecurity are also often at the highest risk for obesity and associated health problems

Income/Poverty
Poor Education
Martial Status
Race/Ethnicity
Food
Deprivation/Overconsumption
Low cost of energy dense food
Limited access/affordability

Your Zip Code







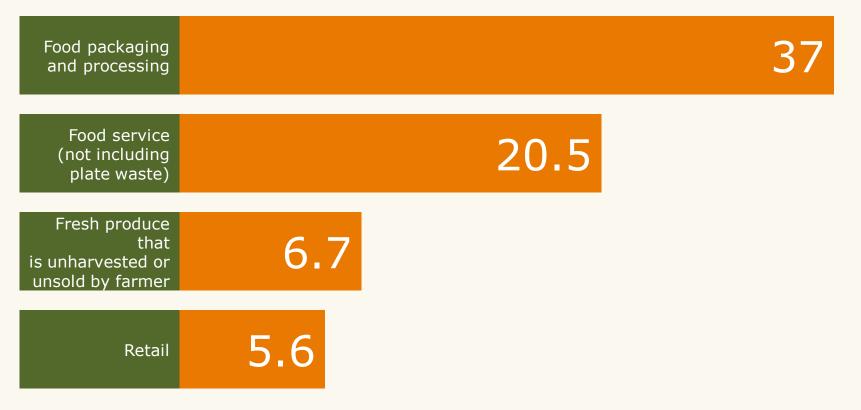
## THERE IS ENOUGH FOOD TO FEED EVERY MAN, WOMAN AND CHILD IN AMERICA.

HUNGER IS NOT ABOUT SUPPLY, IT IS ABOUT CAPTURING AND DISTRIBUTING THE EXCESS FOOD THAT IS LOST EACH YEAR— FEEDING AMERICA'S NETWORK IS EQUIPPED TO DO JUST THAT.



## MORE THAN 70 BILLION POUNDS OF EDIBLE FOOD IS WASTED IN THE U.S. EVERY YEAR 7,8

Billions of Pounds





### WE FEED THE NATION THROUGH

- Retail Donations
- Manufacturing Donations
- Federal Commodities
- Fresh Produce
- SNAP Access
- New Frontiers
- Purchased Food



### HOW MUCH IT COSTS TO SOURCE FOOD 9

#### 2.82 billion meals sourced in 2012

Food Source	Cost Per Meal	% of FA Food Stream	% Trend
Federal Commodities*	\$0	17%	
Manufacturing	\$0.04	24%	
Produce	\$0.17	16%	
Retail	\$0.24	27%	
Purchasing	\$0.73	16%	

<sup>\*</sup> Rapid reduction in availability





## THE FOOD BANKING MODEL IS SHIFTING9







### FOODS TO ENCOURAGE FRAMEWORK

## -Fruits and Vegetables

Fresh, frozen, canned, dried

### -Whole grains

- Low-fat/Non-fat dairy
  - Skim, low-fat



 Lean meats, poultry, seafood, eggs, legumes and seeds/nuts

#### -Water

Phase 2: Limit: Sugar, Sodium, Saturated & Trans Fat





#### RETAIL STORE DONATION PROGRAM

- Primary source of highly perishable items such as milk, bread, lean meats and frozen vegetables
- Feeding America helps food banks secure food from local branches of retailers such as Food Lion, Kroger, SUPERVALU, Target and Walmart
- Enhanced relationships between food banks and local stores lead to sustained donations and transportation efficiencies



## RETAIL STORE DONATION PROGRAM<sup>9</sup>

- Through the program, Feeding America collected and distributed 746 million meals in 2012.
- To increase the number of meals sourced, we will establish relationships with new retailers and increase the number of participating stores with existing retailers.



### MANUFACTURING DONATIONS

- Manufacturing channels are Feeding America's largest source of non-perishable food donations
- However, manufacturers are improving efficiencies, reducing the excess food available to donate
- As this source of food is inexpensive at 4¢ a pound, it remains an important resource
- To stabilize donations, we are investing in strengthening existing relationships and building new ones



#### FEDERAL COMMODITIES

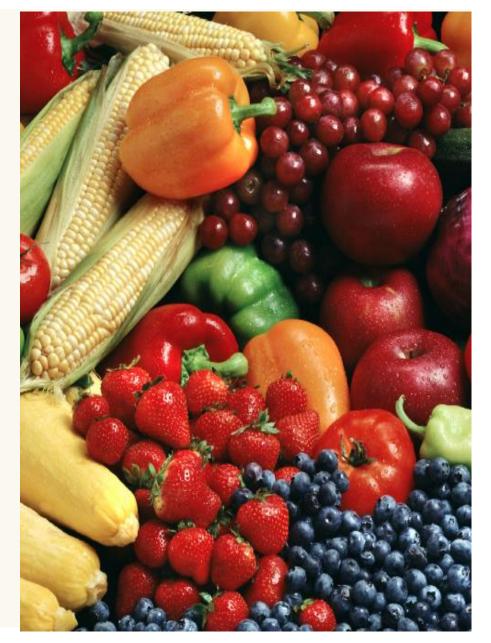
 Federal commodities are an important source of healthy food for food banks

- Due to federal budget cuts, federal commodities are shrinking
- Potential for increased TEFAP funding in the Farm Bill



## A BOLD VISION FOR THE FUTURE 9

**GOAL:** DISTRIBUTE 1 BILLION POUNDS OF PRODUCE PER **YEAR BY 2018** 





## SOURCING PRODUCE REQUIRES A TIERED APPROACH

- 1. Local level: Food banks create relationships with local produce growers
- 2. Regional level: Supplement local produce sourcing in very produce-rich areas with state-wide sourcers
- 3. National level: National Produce Program fills gaps in access to produce across Feeding America network



REDUCE MILES BY SOURCING MORE LOCALLY AND COLLABORATING REGIONALLY – STATE

**POTENTIAL** 

15 priority states for regional sourcers represent 75% of national production of key commodities

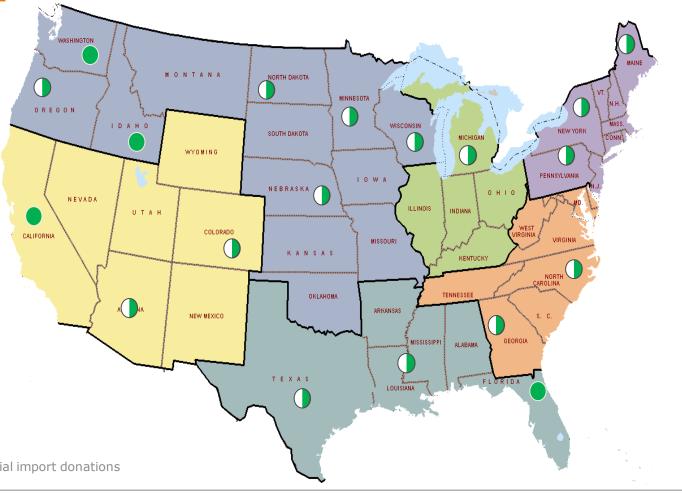
State potential

= High

= Medium

Blank = Limited

Note: Does not account for potential import donations





**SNAP HAS THE** POTENTIAL TO FEED MORE PEOPLE THAN **ALL OTHER FEEDING PROGRAMS** COMBINED.







## Many Benefits of SNAP 10, 11

- Families receiving SNAP benefits are better able to pay for basic necessities like rent, medical care and transportation
- 48% of individuals enrolled in SNAP are children
- Each dollar invested in SNAP generates \$1.79 in local economic activity



## SNAP COULD REACH EVEN MORE PEOPLE 12, 13

- 28% of Americans eligible for SNAP are not receiving benefits
- 18 million more individuals could be receiving federal assistance
- As of 2008, \$6.6 billion in potential SNAP benefits were "unclaimed" each year, resulting in an estimated \$12 billion in lost economic activity



## SNAP OUTREACH 14

- Our program:
  - educates clients and help them apply for benefits
- Our impact in 2012:

160,000 SNAP applications

168 million meals for food insecure families



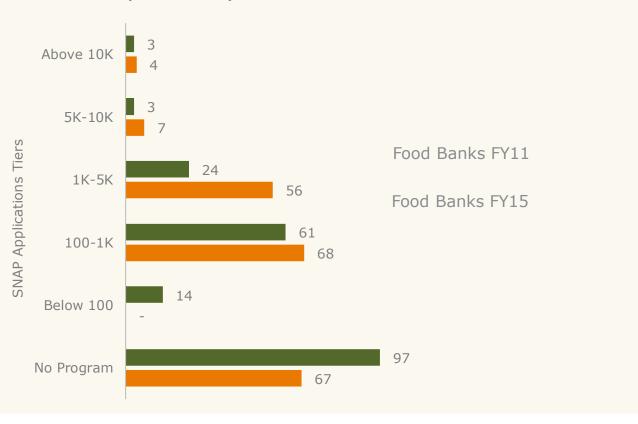






## OPPORTUNITY TO GROW SNAP OUTREACH<sup>14</sup>

Number of SNAP Applications Completed by Food Banks





### PROTECTING SNAP

#### ACTION

Take Action



Act On Our Current Issues

**Legislative Victories** 

**Read & Share Your Stories** 

SIGN IN TO MY ACCOUNT



#### Special thanks to TYSON FOODS

for being a lead supporter of Feeding America's Advocacy program.



#### Tell Congress to Protect Anti-hunger Programs!

As Congress considers how to pass a new Farm Bill and address the deficit, we must urge our leaders in Washington to protect the programs that help put food on the table for Americans struggling with hunger.

Take Action Now

#### **Call Congress!**



You do so much, but you can do more. Make your voice heard by calling your Members of Congress!

#### **Demonstrate Your Values**



If you believe that no one should go hungry in America, join the Hunger Action Center.

Email Address

JOIN NOW

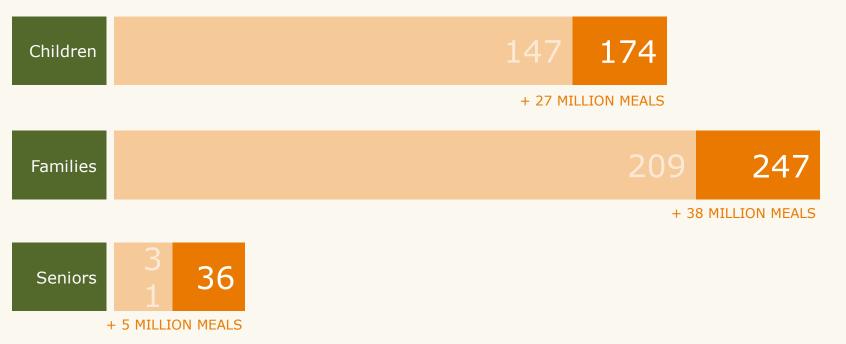


## PURCHASED FOOD<sup>9</sup>

#### GOAL: +70 MILLION MEALS

INCREASE MEALS BY 18% IN EIGHT YEARS FROM 387 MILLION ANNUALLY TO 457 MILLION

FY18





# Healthy BackPack Menu Suggestions



- **Fruit:** Fresh, canned peaches in juice
- Vegetables: Canned green beans and carrots, packaged broccoli, carrots
- Grains: Oatmeal, whole grain pasta and bread
- Protein: Peanut/Sun butter, tuna or canned chicken
- Milk/Dairy: Shelf stable milk 1%, low fat pudding cup, shelf stable cheese
- Oils: Peanut butter of sunflower seed butter
- **Saturated Fat:** Canned chicken (balance protein and fat)
- Sodium: Lower sodium versions of all items
- SoFAAS: Avoid items like Pop Tarts, Jelly and Strawberry squeeze spread





# **Example of Purchased Product for the BackPack Program**







### Squeezable Fruits and Veggies™ Tubes

- · 60 calories and 2g fiber per tube
- 1/2 cup fruits and vegetables in each tube\*
- Made in the U.S.
- · Spoon thick suitable for restricted, thickened-liquid diets

\*Concentrated equivalent to 3/8 cup fruits & 1/8 cup vegetables per USDA equivalency database

#### **NEW!** Peach Mango Flavored Fruit and Vegetable Purees and Juices **Nutrition Facts**

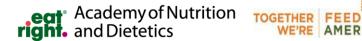
Serving Size 1 tube (62g) Servings Per Container see above Calories 60

\*Percent Daily Values are based on a 2,000 calorie diet.

ind duices	
Amount / Serving	% Daily Value*
Total Fat 0g	0%
Sodium 5mg	0%
Potassium 180mg	5%
Total Carbohydrate	13g 4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 50% ◆ Vitar	min C 100%
Calcium 2% • Iron 29	6

id baloos	NEW! Blueberry Flavored Fruit and Vegetable Purees and Juices				
Amount / Serving % Dail	y Value*				
Total Fat 0g	0%				
Sodium 0mg	0%				
Potassium 180mg	5%				
Total Carbohydrate 13g	4%				
Dietary Fiber 2g	8%				
Sugars 8g					
Protein 1g					
Vitamin A 50% • Vitamin C 100%					
Calcium 2% • Iron 2%					
	Total Fat 0g Sodium 0mg Potassium 180mg Total Carbohydrate 13g Dietary Fiber 2g Sugars 8g Protein 1g Vitamin A 50% • Vitamin C				







### DAIRY IN A HEALTHY DIET

Dairy products provide many nutrients that are important for a healthy diet, including calcium, potassium, vitamin D, and protein.

Low-fat dairy is emphasized in the 2010 USDA Dietary Guidelines and in the Feeding America 'Foods to Encourage' (F2E) framework







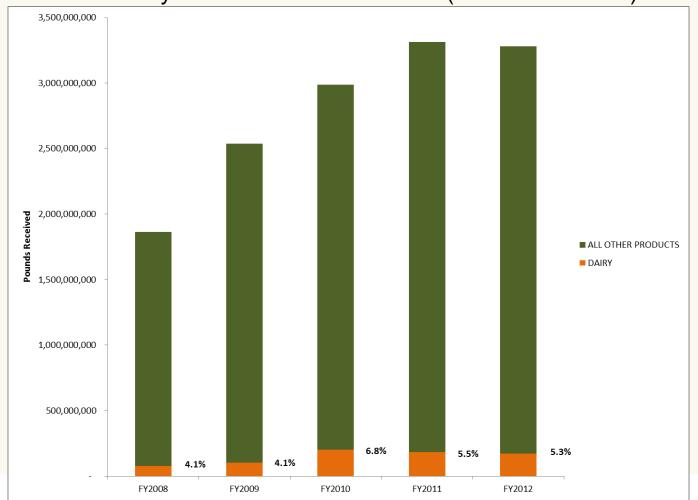
# CLIENT DEMAND FOR F2E 15, 16

- Clients in the Feeding America network prefer to receive healthy foods and staple items, including nutritious milk and milk products
  - Two published studies of food bank client preferences indicated that milk is among the top five preferred food types<sup>1,2</sup>
  - A guaranteed gallon of milk was reported as a major draw for clients to participate in a local distribution program



# AMOUNT OF DAIRY IN THE FEEDING AMERICA NETWORK 9

#### Percent Dairy of All Products Received (FY2008-FY2012)



# NATIONAL SUMMARY WHERE DOES THE FOOD COME FROM?<sup>17</sup>

**Diverse Food Streams (July-December 2012)** 





### PROVIDING HEALTHY FOOD: CHALLENGES



Organizational Change & Social Factors





# Providing Healthy Food: Strategies and Initiatives

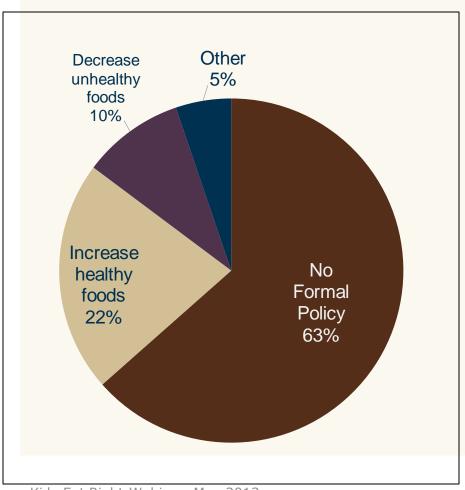
- Improving nutritional content of food
  - Inventory Management
  - Capacity Building
  - Targeted Food Sourcing
- Increasing access/availability
  - Targeted Distribution Models
  - Community Food Projects
- Maximizing use of healthy foods
  - Nutrition Education



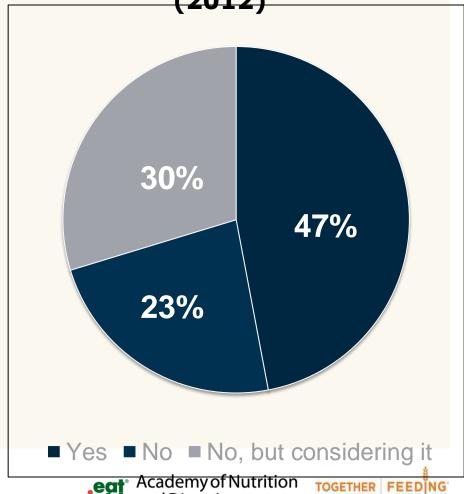


# Inventory Management: Policies & Practices<sup>14</sup>

# of food banks with formal written policies (2012)



% of food banks measuring nutritional quality of inventory (2012)



right. and Dietetics

# TARGETED DISTRIBUTION MODELS



# Feeding America Programs

- Mobile Pantries
- Kids Café
- School Pantries
- BackPack
- Senior Programs



# MOBILE PANTRIES

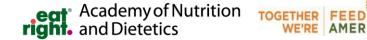




# **COMMUNITY FOOD PROJECTS**



- Food Bank Farms
- Community Gardens
- •CSAs







# HEALTHY FOOD DRIVES<sup>18</sup>

### Hosting a Food Drive



We make it easy to make food donations, which, in turn, go to feed hundreds of thousands of individuals. We partner with over 450 hunger-relief agencies in the 10-county service area, distributing over 13.5 million pounds of food annually. Most of this food is donated from food manufacturers and retailers, through food drives, and by individual donation.

#### Suggestions for Healthy Donations:

Choose low-sodium canned goods, whole grain cereals, bread, pastas, and low-sugar options.

Protein	Fruit & Vegetables	Grains	Dairy
Canned tuna fish Canned chicken	Canned light fruit Canned vegetables	Cereal (low in sugar) Rice, quinoa, oats	Powdered, shelf-stable, or evaporated skim or
Peanut butter Canned/dried beans	Dried fruit Jelly & jams 100% juice Tomato products Soup & broth	Pasta Bread	1% milk.

**Please note**: We cannot accept items in glass containers, perishable food items, home canned goods, home baked goods, baby food, baby formula, or vitamins & medicine.





### **NUTRITION EDUCATION**



"We are working on getting out recipes and storage guidelines and providing food sampling as often as possible to encourage higher ordering and consumption."



# Summary

- The need and demand on our food bank network has never been greater at the same time as the problem have hunger has gotten more complex
- There are both logistical and organizational challenges when it comes to sourcing and distributing healthier foods
- There are several major food streams in the food bank network; National efforts through initiatives such as the produce and retail store programs are helping Feeding America move more foods to encourage
- Local food banks are deploying creative strategies like nutrition policies, community gardens/farms, healthier food drives and nutrition education to help provide and promote healthy food choices
- Don't forget to join us in June to learn about the innovative nutrition education efforts across the network!





### Call to Action





# Jenny Karl, MS, RD, LDN Representing:

New England Dairy & Food Council

Contact:
Jkarl@NewEnglandDairy.com
617-734-6750 x18





# October 13, 2012

Manchester, NH



### Concept:

-Encourage grocery shoppers to donate a gallon of milk at the register to the local food bank (Great Gallon GIVE)

-Goal: Provide food bank with fresh milk, while engaging with retailer, dairy brands, dairy farmers and consumers







# Pilot program:

- -One food bank (NH Food Bank)
- -One retailer (Hannaford Supermarkets)
- -One city (Manchester, NH)
- -One day (October 13<sup>th</sup>)
- -One set of promotional materials

### Start small to work out issues







# Saturday, October 13, 9-2PM

Press conference at 11AM
Mayor, governor, commissioner of Agriculture,
dairy farmer

Five Hannaford Supermarkets in & near Manchester, New Hampshire



### Partners Make it Happen!

- NH Food Bank
  - -Radio media buy, staff



- In-store radio, signage, staff
- **HP Hood** (local milk processor)
  - Provided refrigerated trucks
- Cabot Creamery (local cheese)
  - Provided refrigerated trucks





























# "We never get milk, this is great!"

NH Food Bank client











### Social Media & Web Promotion





Must Be The Milk

We're <u>@hannaford</u> supermarket today for the Great Gallon Give! Donations go to NH Food Bank. pic.twitter.com/q3yRuJh4

Reply III Delete \* Favorite



#### twitter



Must Be The Milk @MustBeTheMilk

What makes giving so great? #MustBeTheMilk! Stop by your #NH @Hannaford store for the Great Gallon Give tomorrow! ow.ly/eqX82

#### 1,000 Twitter Followers

1 9

### MUST BE THE MILK

### www.MustBeTheMilk.com

#### What you can do

#### Get Involved and Go

Get the family out and about to learn more about agriculture and where food comes from! Our top recommendations this month:

What: Great Gallon Give

When: October 13 - 9 AM - 2PM

Where: Participating Hannaford Supermarket locations at John E. Devine Way in Manchester, Hanover Street in Manchester, South River Road in Bedford, Mast Road in Goffstown, and Freetown Road in Raymond.

Info: Hundreds of Hannaford Supermarket shoppers in New Hampshire will be participating in the Great Gallon Give on Saturday, October 13, donating gallons of milk to the New Hampshire Food Bank. Shoppers will be invited to purchase extra gallons of milk at five Hannaford locations throughout the Greater Manchester area. Refrigerated trucks provided by Cabot, HP Hood, and the New Hampshire Food Bank will be on hand to transport the donated milk. Similar promotions have resulted in thousands of gallons of milk donated to local and regional food banks across New England.

### facebook





What makes giving so great? Must Be The Milk! Tomorrow from 9 AM - 2 PM, we're teaming up with Hannaford Supermarkets and New Hampshire Food Bank for a Great Gallon Give dairy food drive. Show your support for local families in need by purchasing an extra gallon of milk or two and donating it to the New Hampshire Food Bank when you check out at the cashier. A little milk goes a long way and every gallon makes a difference. For more info, visit the "Get Involved and Go" page of our website. http://mustbethemilk.com/?page\_id=16



#### What you can do | MustBeTheMilk

mustbethemilk.com

When you buy milk, cheese, yogurt and other dairy products, your purchases go a lot further than your refrigerator. Almost all New England and

Like · Comment · Share

Promote ▼

#### 4,000 Facebook Fans

### Social Media and Web Promotion





#### www.NHFoodBank.org



1,400 Facebook Fans

### Print & Online



Text Size: - +



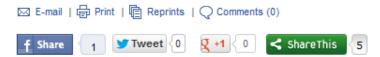






#### Donated milk heading to NH Food Bank

AP / October 13, 2012



MANCHESTER, N.H. (AP) — New Hampshire Gov. John Lynch and other state officials will be loading up refrigerated trucks full of milk being donated to the New Hampshire Food Bank.

Shoppers at five Hannaford supermarkets in Manchester, Bedford and Raymond are being asked to buy extra gallons of milk Saturday for the food bank for an effort dubbed "the Great Gallon Give."

Lynch will be on hand at one of the Manchester stores to help load the donations into trucks, along with Manchester Mayor Ted Gatsas and the state agriculture commissioner.

© Copyright 2012 Globe Newspaper Company.





MORE ARTICLES IN NEWS LOCAL NEW HAMPSHIRE >



### The Future of the Great Gallon Give

# Summer Initiatives (Give Good with Dairy)

- Dairy councils across country seeking partners to help increase access to milk and other dairy for food insecure families
- Great Gallon Give model shared as one of three "case study models" for replication
- Likely replicate in select markets



# How can I help?

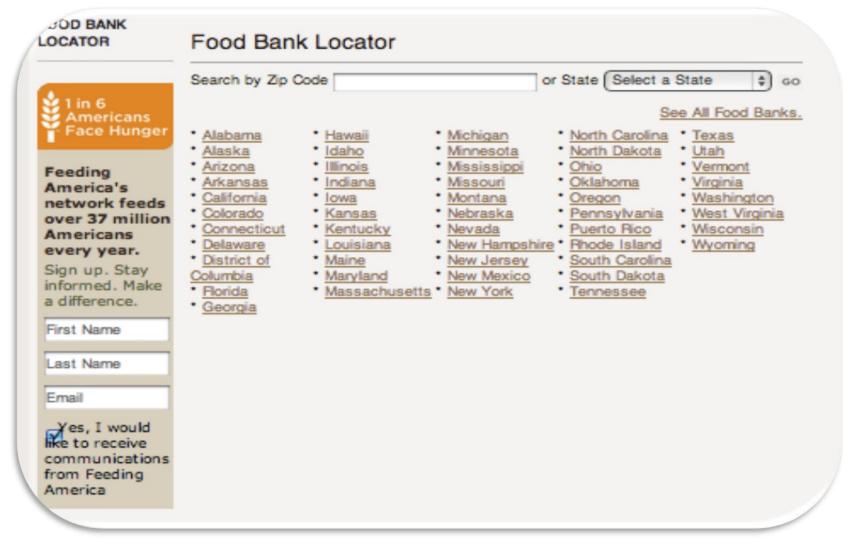
- Participate in or host a food drive
- Donate
- Volunteer
  - Educate
  - Donate time, skills, and resources
- Advocate





### Find your Local Food Bank

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation



www.feedingamerica.org/foodbank





### Find your Local Dairy Council

Academy of Nutrition and Dietetics Academy of Nutrition and Dietetics Foundation



http://www.nationaldairycouncil.org/ABOUTNDC/DAIRYCOUNCILDIRECTORY/Pages/DairyCouncilDirectory.aspx

# Kids Eat Right Toolkits



### Healthy Breakfast. Everywhere You Go.

Presentations for elementary, middle, high school students and adults **Healthy Snacking. In a Nutshell.** 

Presentations for adults, adult athletes, parents, teachers/schools, coaches, elementary students, teens, teen athletes, and worksites

### Family Champions. One Change at a Time.

Three interactive parent workshops including cooking activities. Available in English and Spanish!

### Family Meals. Anytime. Anyplace.

Presentations for teens and adults

### **Myth Busters. For Parents.**

Presentation for parents

### Hunger in Our Community. What We Can Do.

Presentations for adults and teens

### Healthy Eating. From the Ground Up.

Presentations for adults, teens, and elementary students

Join: Kidseatright.org/volunteer

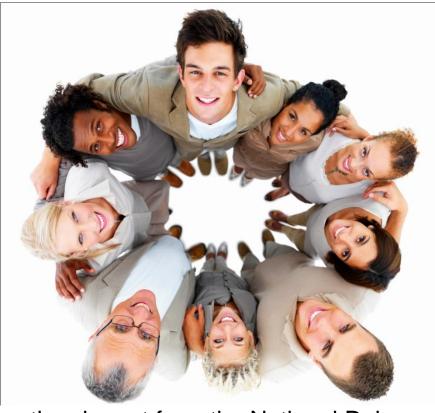
**Promote: Kidseatright.org** 



# Questions?



View recorded webinars and register for future webinars at <a href="https://www.eatright.org/foundation/kidseatright">www.eatright.org/foundation/kidseatright</a>



This document was developed with an educational grant from the National Dairy Council®



- 1. Andrews M, Carlson F, Coleman-Jensen A, Mark N. Household Food Security in the United States in 2011. Economic Research Report No. (ERR-141), September 2012.
- 2. Gundersen C. Ziliak J. Food Insecurity Among Older Adults. AARP Foundation. August 2011.
- 3. Bureau of Labor Statistics. Labor Force Statistics from the Current Population Survey (2013). <a href="http://www.bls.gov/cps/">http://www.bls.gov/cps/</a> Accessed May 9, 2013.
- 4. Feeding America. Map the Meal Gap (2010). <a href="http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx">http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx</a>. Accessed May 9, 2013.
- 5. Feeding America. Hunger in America Study 2010. <a href="http://feedingamerica.org/hunger-in-america/hunger-study-2010.aspx">http://feedingamerica.org/hunger-in-america/hunger-study-2010.aspx</a> Accessed May 9, 2013.



- 6. Institute of Medicine. (2011). *Hunger and Obesity: Understanding a Food Insecurity Paradigm Workshop Summary*. http://www.iom.edu/Reports/2011/Hunger-and-Obesity-Understanding-a-Food-Insecurity-Paradigm.aspx .
  7. U.S. Department of Agriculture, U.S. Census of Agriculture (2007).
- 8. U.S. Department of Commerce. U.S. Economic Census (2007).
- 9. Feeding America Stream Report (Network Analytics). 10. Andrews M, Carlson F, Coleman-Jensen A, Mark N.
- Household Food Security in the United States in 2011.
- Economic Research Report No. (ERR-141), September 2012.



- 11. U.S. Department of Agriculture, Food and Nutrition Service (2013). Supplemental Nutrition Assistance Program Food Insecurity In-depth Interview Study Summary. http://www.fns.usda.gov/ora/menu/Published/SNAP/FILES/Participation/SNAPFoodSec\_Summary.pdf Accessed May, 9, 2013.
- 12. Cunnyngham, K, A. Reaching Those in Need: State Supplemental Nutrition Assistance Program Participation Rates in 2009. U.S. Department of Agriculture, Food and Nutrition Service, December 2010.
- 13. Hanson K. The Food Assistance National Input-Output Multiplier (FANIOM) Model and Stimulus Effects of SNAP. Economic Research Report No. (ERR-103) 50 pp, October 2010.
- 14. Feeding America Network Activity Report (2012).

## eat Academy of Nutrition right and Dietetics

- 15. Atkins Center for Weight and Health (2012). Improving the Nutritional Quality of Foods Distributed to Lower-Income Families through Emergency Food Services: A study of nutrition-related policies and practices of food banks and food pantries.
- 16. Elizabeth Campbell, Heather Hudson, Karen Webb, Patricia B. Crawford. (2011). Food Preferences of Users of the Emergency Food System. Journal of Hunger & Environmental Nutrition. Vol. 6, Iss. 2.
- 17. Feeding America Quarterly Poundage Report (2012).
- 18. Food Link, Hosting a Food Drive Flier.