

# HUNGER IN THE LAND OF PLENTY



A REPORT ON HUNGER IN ARKANSAS 2014





## FOOD BANKS ARE THE SINGLE MOST IMPORTANT SOURCE OF FOOD FOR THE OVER 800 HUNGER RELIEF AGENCIES ACROSS THE STATE.

### TERMS USED IN THIS STUDY

#### **AGENCY**

A charitable organization that provides the food distributed by a food bank or food-rescue organization directly to clients in need, through various types of programs.

#### **EMERGENCY FOOD ASSISTANCE**

Charitable feeding programs whose services are provided to clients who are typically in short-term need of emergency assistance. Hunger in America 2014 only measures emergency food assistance usage by client households of the Feeding America network. Emergency food programs include food pantries, soup kitchens and shelters.

#### **FOOD BANK**

A charitable organization that solicits, receives, inventories and distributes donated food and grocery products pursuant to industry and appropriate regulatory standards. The products are distributed to charitable human-service agencies, which provide the products directly to clients through various programs.

#### **FOOD INSECURITY**

USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members; limited or uncertain availability of nutritionally adequate foods.

#### **KITCHEN (SOUP KITCHEN, COMMUNITY DINING ROOM)**

A charitable program whose primary purpose is to provide prepared meals, served in the kitchen, to clients in need.

#### **NON-EMERGENCY FOOD ASSISTANCE**

Charitable feeding programs that have a primary purpose other than emergency food distribution, but also distribute food. Non-emergency food programs include afterschool meals to low-income children, senior congregate meal programs, child day care programs, Kids Café and Back Pack programs.

#### **PANTRY (FOOD PANTRY)**

A charitable distribution agency that provides clients food and grocery products for home preparation and consumption.

#### **SHELTER (EMERGENCY SHELTER, HOMELESS SHELTER)**

A charitable program with a primary purpose to provide shelter or housing on a short-term or temporary basis to clients and typically serves one or more meals a day.

# THE ECONOMY RECOVERS, YET HUNGER REMAINS

## THE HUNGER IN ARKANSAS 2014 REPORT

Every four years, Feeding America, the nation's largest domestic emergency food assistance charity, commissions a comprehensive study of the domestic emergency food system in the United States. The 2013 study was the largest to date and included data and stories from 185 food banks in the Feeding America network, 37,000 local pantries, shelters and soup kitchens, and approximately 61,000 individuals. This study was conducted in the spring and summer of 2013, as the nation continued to recover from the deepest recession since the Great Depression. The stories that were shared by families and individuals reflected the chronic nature of their need yet also their hope for a brighter future.

The USDA 2013 survey of food insecurity showed that 21.3% of Arkansas households faced food insecurity, a sharp increase from 15.9% in 2008. Of the state's population of 2.9 million, Arkansas's Feeding America food banks provided assistance to 706,000 people. This report reflects the struggles families face when battling hunger, having to make choices between food and medicine or food and rent. The hunger study also shows the strength of our network in Arkansas. The Feeding America food banks in Arkansas increased distribution by 16 million pounds since the 2009 report. This required increased donations and food resources, increased warehouse and storage and increased capacity at the local level. Groups in the private sector, public sector, and individuals across the state have stepped up to make a difference.

Where do we go from here? How do we grow in order to serve so many who need help? The emergency food system in Arkansas cannot do it alone. Nationally, Bread for the World Institute reports that one in 20 bags of food assistance comes from a charitable organization; federal nutrition programs provide the rest. The Arkansas Hunger Relief Alliance, the Feeding America food banks and statewide hunger agencies must continue partnering with state and federal programs that provide nutritional assistance. That includes offering SNAP outreach (formerly known as Food Stamps), working to ensure children who qualify for free/reduced school lunch also participate in school breakfast programs, and increasing availability of summer meals and afterschool meals and snacks. It also includes securing more nutritious food through the Arkansas Gleaning Project, and nutrition education through evidence-based programs like Cooking Matters. At the end of this report, data has been provided about these programs to provide a more comprehensive picture of hunger in Arkansas.

Over the last few years, collaborative relationships have been developed in Arkansas to more effectively meet the needs of the hungry in our state. Partnerships have been forged and resources developed, and the results demonstrate that working together, we can make a difference. Our goal is to maintain the synergy and focus our efforts to propel those we serve into better opportunities in the future. This can only be accomplished when we are both aware and knowledgeable about the problem and willing to use our resources to make a difference. We hope this report will give advocates the awareness and knowledge, as well as the spark, to make a difference.

## FACING THE FACTS

# ARKANSAS RANKS #2 IN THE NATION IN HOUSEHOLD FOOD INSECURITY.

# OUR MISSION

**The mission of the Arkansas Hunger Relief Alliance is to reduce hunger through a unified effort to provide hunger relief, education and advocacy.**

## ARKANSAS HUNGER RELIEF ALLIANCE

- Acquires food and funding to increase the quantity and improve the quality of food available to low-income Arkansans, as well as the operational capacity of our network
- Serves as lead partner of the Arkansas No Kid Hungry campaign
- Manages the Arkansas Gleaning Project, to provide more fresh vegetables and fruit to low income Arkansans
- Promotes nutrition education and healthy cooking on a low-income budget through Cooking Matters
- Provides SNAP outreach and training through the Alliance network
- Advocates on issues that affect low-income people and Alliance members, and serves as liaison to the Arkansas Legislative Hunger Caucus.

## OUR NETWORK

### ALLIANCE MEMBERS

Members include six Feeding America food banks, one independent food bank, statewide agencies and programs, local agencies and individuals. These members serve all 75 Arkansas counties, providing direct services to people in need, serving emergency and nonprofit social services programs, supporting disaster relief and advocating for nutrition programs.

### NETWORK AGENCIES

Over 800 charitable organizations in Arkansas directly provide the food supplied by a food bank or food-rescue organization to people in need through various types of programs. Churches, shelters, after-school programs, and senior centers are examples. These local hunger relief organizations provided food to approximately 706,000 different individuals in 2013.

### HUNGER ADVOCATES

The Alliance network also includes hunger advocates from all corners of the state and all walks of life. Hunger advocates support efforts to improve and provide emergency assistance, as well as advocate for SNAP, nutrition education, expansion of school breakfast programs, and summer and afterschool meal programs. Advocates speak out about hunger and income inequalities in our state and help educate key stakeholders about the needs and solutions for Arkansas.



# A LOOK AT THE DATA

The 2014 Hunger Study revealed statistics that describe the breadth and depth of hunger in Arkansas in 2013. Looking back and comparing statistics from the last study in 2009, we see the challenges of an economy not back to full strength and the generosity of Arkansans reaching out to those in need. Since the 2009 study, the regional food banks of the Alliance were able to access more food than ever before. This accomplishment can only be attributed to the generosity of our fellow Arkansans. Businesses, communities, public entities and individuals stepped up and worked together to fill the gap for thousands of Arkansas families.

## NETWORK

### DISTRIBUTION POUNDS

2010	29,017,239
2011	27,800,255
2012	33,230,387
2013	39,873,035
2014	44,032,106

### HUNGRY ARKANSANS

Arkansans living in poverty

Arkansans receiving assistance from the Alliance Network

2009

17.3%

433,900

2013

19.4%

706,000

## THE FACES OF HUNGER BASIC DEMOGRAPHIC AND HUNGER DATA

Total Arkansas Population (US Census Bureau, 2013) **2,959,000**

Total Number Living in Poverty (US Census Bureau, 2013) **574,000**

Children Living in Poverty (FRAC, 2013) **202,456**

Arkansans Experiencing Food Insecurity (USDA, 2013) **21.2%**

Approximate % of the population receiving food from the Alliance network in 2013 **24%**

The food banks and agencies of the Alliance network serve the most vulnerable individuals in the state. Of those served, 29.8% were children under the age of 18, and 13.5% were over the age of 60. Thirty-one percent (31%) reported having at least one household member in poor health.

While more households receiving assistance show an increase in those employed (33%) over 2009 (29%), the employment numbers have not yet returned to 2005 levels (36%). Also troubling is the report that 20% of client households include grandparents who have responsibility for grandchildren. Stories and experiences shared by local agencies support these findings of unemployment, underemployment, and greater numbers of grandparents raising grandchildren.

When families struggle, they have to make hard choices. Seventy nine percent (79%) of households said they had to choose between food and utilities at least once during the previous 12 months. Forty two percent (42%) face this choice every month.





# CENTRAL SOUTHERN REGION

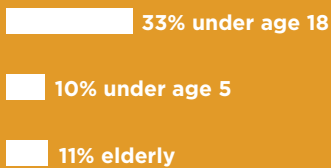
Arkansas | Ashley | Bradley | Calhoun | Chicot | Clark | Cleburne  
Cleveland | Conway | Dallas | Desha | Drew | Faulkner | Garland  
Grant | Hot Spring | Independence | Jefferson | Lee | Lincoln  
Lonoke | Monroe | Montgomery | Ouachita | Perry | Phillips  
Pope | Prairie | Pulaski | Saline | Union | Van Buren | White

## HUNGER BY THE NUMBERS

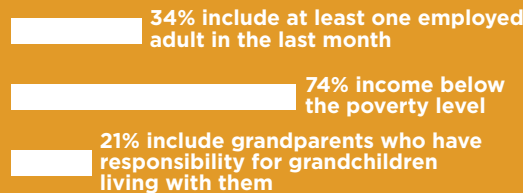
## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **279,500** | Weekly 2013 **30,300**

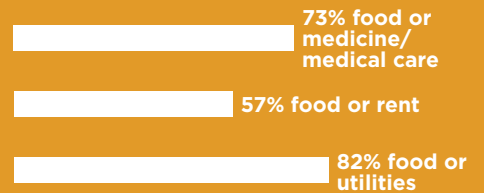
### WITHIN HUNGRY HOUSEHOLDS



### AMONG ARKANSAS HOUSEHOLDS WE SERVE



### CHOICES HOUSEHOLDS MADE



## ARKANSAS FOODBANK

The Arkansas Foodbank was started in 1984 to fight hunger in 33 counties in central and southern Arkansas. Through its programs and services, the Arkansas Foodbank touches the lives of approximately 30,300 Arkansans in a typical week, or 13,300 households. A member of Feeding America and the Arkansas Hunger Relief Alliance, the Arkansas Foodbank acquires and distributes food and other resources to its 300 food pantries, shelters, and soup kitchens. The largest food bank in the state, the Arkansas Foodbank serves children through regular pantries and school pantries, which only serve school children and their families, as well as afterschool snack and meal programs, and summer feeding sites. The Foodbank developed a Senior Hunger Initiative, following a comprehensive pilot program, which includes a Senior Supplement in partnership with CareLink (to help seniors with a monthly grocery box) and a more senior-friendly food selection at food pantry locations. A Rural Delivery Program, in some of Arkansas's most impoverished counties, provides delivery of food to pantries and other organizations who have a hard time getting to the Little Rock warehouse to pick up food. A partnership with the Diesel Driving Academy enables the Foodbank to save transportation costs by using driver trainees to deliver the food.

## FACING THE FACTS

Food banks are the **most important source** of food for the over **800** agencies across the state.



# NORTHWEST REGION

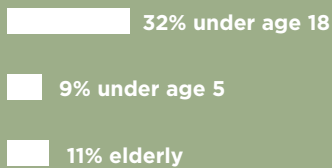
Benton | Carroll | Madison | Washington

## HUNGER BY THE NUMBERS

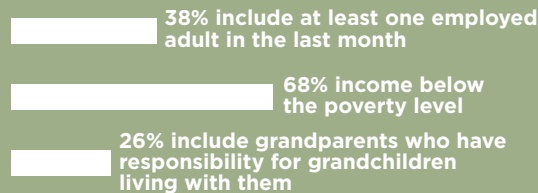
## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **237,200** | Weekly 2013 **28,800**

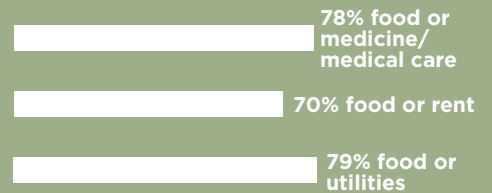
### WITHIN HUNGRY HOUSEHOLDS



### AMONG ARKANSAS HOUSEHOLDS WE SERVE



### CHOICES HOUSEHOLDS MADE



## NORTHWEST ARKANSAS FOOD BANK

Since 1988, the Northwest Arkansas Food Bank has worked to fight hunger through advocacy, education, community awareness and food distribution to people in need. The fastest growing region in Arkansas, it is also estimated that by the end of 2015, the counties served by the Northwest Arkansas Food Bank will have the largest number of persons living in poverty in Arkansas. The Northwest Arkansas Food Bank has over 160 partner agencies, which are served from the 22,000 square foot warehouse in Bethel Heights. Last year, 7,224,894 pounds of food were distributed through the partner agencies, which include daycare facilities, feeding programs, substance abuse programs, pantries, group homes, soup kitchens, and churches.

The Northwest Arkansas Food Bank operates multiple hunger relief programs to accomplish its mission to nourish Northwest Arkansas communities by feeding hungry people.

- Through the Core Food Distribution Program, the Northwest Arkansas Food Bank partners with more than 160 charitable food pantries, soup kitchens, senior citizens' centers, and other programs to distribute food to hungry families each year. These partnerships allow families in need to access assistance in their own communities.
- The Senior Mobile Program locates needy senior citizens and supplies them with supplemental food every month at four different distribution sites. This allows senior citizens to use their limited resources for medications, housing, utilities, and other basic living expenses.
- Through The Commodity Distribution Program, the Northwest Arkansas Food Bank works with USDA to distribute commodity foods to four counties in Northwest Arkansas. At a minimum of each quarter, the Northwest Arkansas Food Bank distributes commodities through the 13 USDA agencies.

## FACING THE FACTS

In Arkansas, **66%** of the clients served identified themselves as white, **21%** as black or African American, and **7%** as Hispanic or Latino. The remaining 7% are of another race.



# NORTH CENTRAL REGION

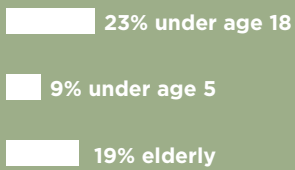
Baxter | Boone | Fulton | Izard | Newton | Marion  
Searcy | Sharp | Stone

## HUNGER BY THE NUMBERS

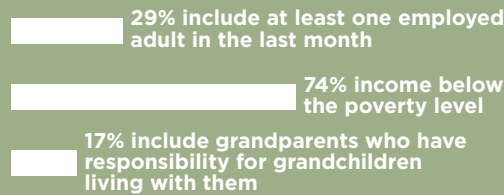
## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **38,600** | Weekly 2013 **3,700**

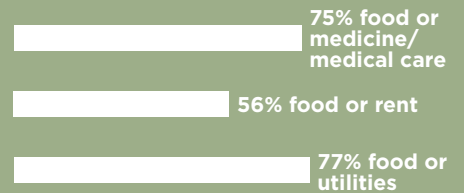
### WITHIN HUNGRY HOUSEHOLDS



### AMONG ARKANSAS HOUSEHOLDS WE SERVE



### CHOICES HOUSEHOLDS MADE



## FOOD BANK OF NORTH CENTRAL ARKANSAS

Hunger is a harsh and continuing problem in the north central region of Arkansas, particularly in the more rural areas. The Food Bank of North Central Arkansas, based in Norfolk, works to help families and their children by providing emergency food through its network of community food pantries, shelters, soup kitchens, children’s meal programs and other special programs.

In addition to providing emergency food assistance, the Food Bank of North Central Arkansas offers programs which assist families in exiting poverty, through their “Move Up 2 Independence Initiative” and No Kid Hungry campaign. These programs include Cooking Matters, Cooking Matters at the Store, Move Up (Life Skills) course and Ready2Work (Job Skills) course, through a partnership with Arkansas State University at Mountain Home.

## FACING THE FACTS

Statewide, **83%** of clients report buying **inexpensive, unhealthy food** as a common coping strategy to avoid hunger.





# NORTHEAST REGION

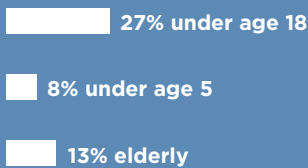
Clay | Craighead | Crittenden | Cross | Greene | Jackson  
Lawrence | Mississippi | Poinsett | Randolph | St. Francis  
Woodruff

## HUNGER BY THE NUMBERS

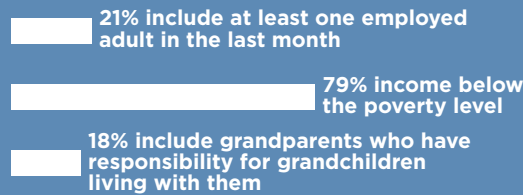
## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **48,400** | Weekly 2013 **5,100**

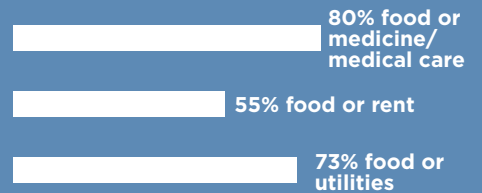
### WITHIN HUNGRY HOUSEHOLDS



### AMONG ARKANSAS HOUSEHOLDS WE SERVE



### CHOICES HOUSEHOLDS MADE



## FOOD BANK OF NORTHEAST ARKANSAS

Hunger is an unwelcome guest in many homes in Northeast Arkansas. Each week, approximately 5,000 people visit a food pantry, soup kitchen, or shelter in Northeast Arkansas. The Food Bank of Northeast Arkansas, founded in 1983, distributed over 5.3 million pounds of food in 2013—the equivalent of 4.4 million meals!

The Food Bank of Northeast Arkansas raises awareness, secures resources, and distributes food through a network of nonprofit agencies and programs. Programs include:

- The Core Food Distribution Program, a partnership of more than 100 agencies that distribute food to those in need, in their own community.
- The Backpack Program, serving child-friendly, nonperishable, nutritious food to at-risk children each weekend of the school year.
- The Senior Pack Program, supplying senior citizens with a box of supplemental food every-other-week. This allows seniors to use their limited resources for medications, housing, utilities, and other basic needs.
- The Commodity Distribution Program, also known as TEFAP, distributes USDA commodity foods in 11 counties in Northeast Arkansas. Each year the Food Bank of Northeast Arkansas conducts four distributions at 18 different sites through a mobile food pantry.

## FACING THE FACTS

In Arkansas, **22,600** volunteers provide aid to food programs each week, contributing **111,200** hours per week.



# RIVER VALLEY REGION

Crawford | Franklin | Johnson | Logan  
Polk | Scott | Sebastian | Yell

## HUNGER BY THE NUMBERS

## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **83,400** | Weekly 2013 **10,000**

### WITHIN HUNGRY HOUSEHOLDS

28% under age 18

10% under age 5

18% elderly

### AMONG ARKANSAS HOUSEHOLDS WE SERVE

28% include at least one employed adult in the last month

76% income below the poverty level

15% include grandparents who have responsibility for grandchildren living with them

### CHOICES HOUSEHOLDS MADE

64% food or medicine/medical care

55% food or rent

73% food or utilities

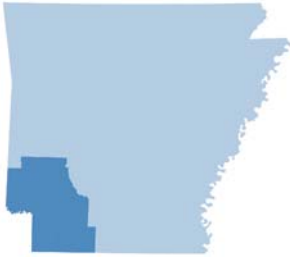
## RIVER VALLEY REGIONAL FOOD BANK

The River Valley Regional Food Bank, founded in 1986, distributes emergency food and commodities, provides food for senior programs, shelters, food pantries, soup kitchens, senior centers, day care programs, after school programs and other agencies. Last year, the River Valley Regional Food Bank distributed 7.36 million pounds of food through its agencies.

More than 190 different agencies partner with the River Valley Regional Food Bank, offering a range of programs beyond emergency food assistance and meals. Typical non-food programs include outreach, education, information and referrals, and/or application assistance to obtain state or federal benefits. Nutrition education programs, such as workshops on healthy eating, are also offered.

## FACING THE FACTS

In Arkansas, **31%** of households utilizing the emergency food system have at least one member in **poor health**.



# SOUTHWEST REGION

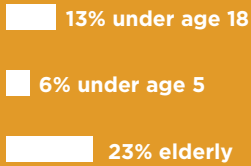
Columbia | Hempstead | Howard | Lafayette | Little River | Miller  
Nevada | Pike | Sevier

## HUNGER BY THE NUMBERS

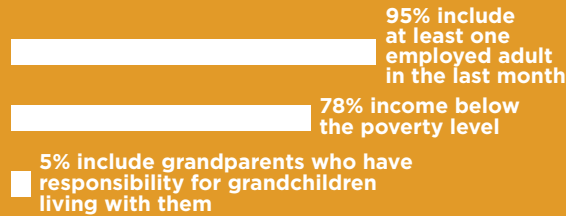
## DIFFERENT PEOPLE RECEIVING FOOD

Annually 2013 **55,000** | Weekly 2013 **1,058**

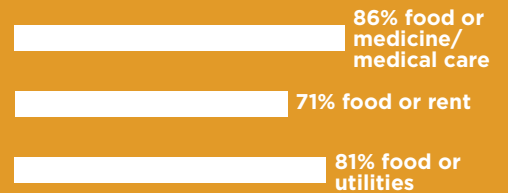
### WITHIN HUNGRY HOUSEHOLDS



### AMONG ARKANSAS HOUSEHOLDS WE SERVE



### CHOICES HOUSEHOLDS MADE



## HARVEST REGIONAL FOOD BANK

Since 1989, Harvest Regional Food Bank has worked to alleviate hunger in Southwest Arkansas and Northeast Texas, through food distribution and education. What started as a group of volunteers rescuing nutritious food from area vendors and delivering it to local charities, has grown into a full-service food bank, serving nine counties in Arkansas and Bowie County in Texas. In 2013, Harvest Regional Food Bank distributed 2.3 million pounds of food from its 20,000 square foot facility in Texarkana, Arkansas. The food bank partners with approximately 100 hunger relief agencies, including shelters, children's programs, church pantries, and senior centers. Harvest Regional Food Bank strives to create a hunger free community by operating multiple hunger relief programs.

- Through the Food Banking Program, Harvest Regional Food Bank partners with approximately 100 charitable food pantries, shelters, senior programs, soup kitchens and other hunger relief agencies to distribute food to food insecure families. Agencies can select food from an ever changing list of available items to be picked up at the food bank warehouse or delivered by one of its trucks.
- The Backpack for Kids Program works with local school districts to provide assistance to chronically hunger children. Each week during the school year, these children receive child-friendly food to sustain their diets while away from school. Harvest Regional Food Bank currently provides this program on 25 campuses, reaching over 700 elementary school students each week.
- Because many rural counties have few hunger relief options, Harvest Regional Food Bank operates a Mobile Pantry to distribute food directly from its trucks to food insecure families in rural, underserved areas. Each mobile pantry provides approximately 120 families with at least 75 pounds of shelf-stable food.
- Harvest Regional Food Bank continues to operate a Food Rescue program, working with more than 40 area restaurants and vendors to safely collect nearly 100,000 pounds of excess prepared food that would otherwise end up as waste. The food bank then delivers the food directly to shelters, soup kitchens and afterschool programs.

In addition to food distribution programs, Harvest Regional Food Bank participates in outreach services including SNAP Assistance and Cooking Matters at the Store programs.

## FACING THE FACTS

**70%** of the pantries in the statewide Alliance network are **faith-based** or located in a religious institution.

# PIECES TO THE PUZZLE

## Federal Feeding and Nutrition Programs

It takes multiple partners and multiple programs to alleviate hunger in Arkansas. The emergency food system, available to families and individuals in crisis, plays a major role in alleviating hunger. However, federal and state programs provide the long term, consistent support that families will need to reach self-sufficiency and food security. The following pages show the increases in utilization of federal food and nutrition programs in Arkansas over the past four years.

The Arkansas Hunger Relief Alliance works daily to fulfill its mission to ensure that these programs are fully funded and accessible to those Arkansas families who need support. This work includes building relationships with state agencies that operate the programs, as well as educating the public and policy makers on the importance of the programs. Scores of Arkansans work tirelessly and passionately to make these programs work in Arkansas.

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP, formerly known as the Food Stamp Program, provides assistance for qualifying individuals and families to help them purchase food. This program is administered by the Division of County Operations, and can be accessed at each County Department of Human Services (DHS) office. The Alliance provides training to food banks, pantries and soup kitchens so their volunteers can also assist clients with applications.

#### SNAP Participation Data

STATE FISCAL YEAR	UNDUPLICATED ANNUAL COUNT	18 AND UNDER UNDUPLICATED ANNUAL COUNT
2010	643,420	270,647
2011	678,358	303,655
2012	693,564	283,760
2013	696,343	281,757

Data taken from DHS Annual Statistical Reports 2010, 2011, 2012, 2013

### COMMODITY DISTRIBUTION PROGRAM

The Commodity Distribution Program processes and distributes commodity foods donated by the United States Department of Agriculture (USDA) to food banks, schools, and other eligible recipient agencies in Arkansas that participate in the National School Lunch Program and Summer Food Service Program. The program is operated by the Division of County Operations, within DHS.

#### Commodities Distribution Data

STATE FISCAL YEAR	AVERAGE MONTHLY CASE LOAD	POUNDS DISTRIBUTED IN MILLIONS
2010	472,786	27.5 million
2011	507,977	24.6 million
2012	480,537	22.6 million
2013	508,275	23.7 million

### WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM

WIC is a supplemental nutrition program for pregnant women, breast feeding women, and children age 5 and under. Benefits include a variety of nutritious foods and nutrition education. This program is operated by the Arkansas Department of Health and is accessed through the local health units in the state.

## Women, Infants, and Children (WIC) Program Data

STATE FISCAL YEAR	UNDUPLICATED ANNUAL COUNT
2010	170,225
2011	167,367
2012	165,237
2013	158,421

## NATIONAL FREE AND REDUCED SCHOOL LUNCH PROGRAM

This program provides free meals or meals at a reduced cost to school children during the school day. The program is operated by the Arkansas Department of Education, and is accessed at the local school.

### Free and Reduced School Lunch Enrollment 2010-2014

2010/11	2011/12	2012/13	2013/14	
FREE	FREE	FREE	FREE	
229,356	233,173	236,827	240,070	
REDUCED	REDUCED	REDUCED	REDUCED	
45,830	46,526	46,782	46,845	
TOTAL	TOTAL	TOTAL	TOTAL	
275,186	279,699	283,609	286,915	
% ENROLLMENT	% ENROLLMENT	% ENROLLMENT	% ENROLLMENT	
58.9%	58.8%	60.3%	60.6%	Source: Arkansas Department of Education

## SUMMER FEEDING PROGRAM

This program provides reimbursement to summer sites, including churches, Boys & Girls Clubs, schools, and more. Most sites are eligible for reimbursement for two meals per day. The program is operated by the Division of Child Care and Early Childhood Education at the Department of Human Services.

### Summer Feeding Program

YEAR	MEALS SERVED	
2010	1,800,000	
2011	2,000,000	
2012	2,600,000	
2013	4,200,000	Source: Arkansas Department of Education and Department of Human Services

## CHILD AND ADULT CARE FOOD PROGRAM

This program provides reimbursement to organizations providing licensed nonresidential day-care services. Adult day-care centers may participate.

Organizations may be reimbursed for two meals and one supplement or one meal and two supplements per day. This program is operated by the Division of Child Care and Early Childhood Education at the Department of Human Services.

### Child and Adult Day Care Food Programs

STATE FISCAL YEAR	FREE AND REDUCED MEALS SERVED
2010	24,361,050
2011	24,745,804
2012	22,901,349
2013	24,602,919

## FACING THE FACTS

The Arkansas Hunger Relief Alliance and the Feeding America food banks can **help link families** to other food assistance programs in the state.



# FIRST UNITED METHODIST CHURCH LITTLE ROCK

AN AGENCY OF THE ARKANSAS FOODBANK

Every volunteer of the First United Methodist Church of Little Rock (FUMCLR) Food Ministry team knows about the state of food insecurity in Little Rock. Elaine Bultena, chair of the Food Ministry team, said while some in the church weren't aware the problem existed, many others knew it did. "We are called to feed the hungry in Matthew," said Bultena. "Being part of this ministry and seeing the personal growth of those with whom we work is a true blessing. We know we are making a difference."

The church operates Friends and Neighbors Network (FANN), a community emergency food assistance program.



Families who participate in the program also provide leadership for the program and volunteer alongside church members. As Bultena says "it's more than just emergency food; it's a community building program."

The Food Ministry team also provides Cooking Matters (CM) and Cooking Matters at the Store

classes and tours. The church has partnered with a number of downtown groups, including boys and girls clubs, senior HUD housing, a free health clinic, a domestic violence shelter for women and children, as well as other churches.

Joan Dudley, coordinator of the CM program, shared the following story:



A group of teenage girls were skeptical at first about eating so many vegetables. Soon they were shouting out the names of some of the new foods and why they were healthy. One 16-year old said that she had cooked at home but usually just sweets. She said this class reminded her that, "You have to eat healthy to be healthy," and she added, "I want to be healthy."

Thanks to volunteers like Elaine and Joan, the FUMCLR Food Ministry is making a difference in the lives of the food insecure in downtown Little Rock.

## ARKANSAS HUNGER RELIEF ALLIANCE FEEDING AMERICA FOOD BANK MEMBERS

### ARKANSAS FOODBANK

4301 West 65th Street | Little Rock, Arkansas | 72209  
Phone : 501-565-8121 | FAX: 501-565-0180  
arkansasfoodbank.org

### FOOD BANK OF NORTH CENTRAL ARKANSAS

14215 Hwy 5 South | Norfolk, Arkansas | 72658  
Phone: 870-499-7565 | FAX: 870-499-3500  
foodbanknca.org

### FOOD BANK OF NORTHEAST ARKANSAS

3414 One Place | Jonesboro, Arkansas | 72404  
P.O. Box 2097 | Jonesboro, Arkansas | 72402  
Phone: 870-932-3663 | FAX: 870-933-6639  
foodbankofnea.org

### HARVEST REGIONAL FOOD BANK

3120 East 19th | Texarkana, AR | 71854  
Phone: 870-774-1398 | FAX: 870-774-1905  
harvesttexarkana.org

### NORTHWEST ARKANSAS FOOD BANK

1378 June Self Drive | Bethel Heights, AR | 72764  
Phone: 479-872-8774 | FAX: 479-872-8777  
nwafoodbank.org

### RIVER VALLEY REGIONAL FOOD BANK

1617 South Zero | Fort Smith, AR | 72901  
Phone: 479-785-0582 | FAX: 479-785-3218  
rvrfoodbank.org

# HOW YOU CAN HELP

The task of ending hunger in Arkansas is a daunting one—far too many families go to bed hungry in neighborhoods throughout our state. Because of that, we've formed The Alliance, and with the involvement of caring Arkansans, we can feed hungry kids and their families, we can make sure the needs of our senior citizens are met, we can offer nutrition education and empowerment programs to those in need, and we can raise awareness and action on an issue that is so prevalent but has been long ignored.

Providing emergency food assistance to over 700,000 Arkansans per year, and reaching out to thousands more in need cannot be done alone. Working together, we can accomplish far more than working alone.

## **BECOME A DONOR**

Your donation helps secure food for those Arkansans in need. It can help fill the gap so that a working parent can provide supper for his or her family, or so a senior can have a nutritious breakfast. And, your gift is crucial so no child goes to bed hungry.

## **DONATE TIME**

Your time is needed by the Alliance, regional food banks, and the 800+ pantries, soup kitchens, and shelters. Volunteers are needed to answer phones, sort food, organize and staff special events and food drives, teach classes, lead store tours, and more. Please consider including the fight against hunger in your personal or corporate volunteer plan.

## **DONATE FOOD AND ESSENTIAL PRODUCTS**

Nutritious food and essential products, such as diapers, personal care products and paper products, are needed year-round.

## **DONATE MONEY AND/OR ASSETS**

Please consider including the Arkansas Hunger Relief Alliance and your regional food bank in your charitable giving plans by making a gift of cash or securities, or by designating a bequest in your will or trust.

## **BECOME A VOICE AGAINST HUNGER**

Your voice is important to educate our neighbors and policy makers and to advocate for those who suffer from food insecurity. Please consider joining the Alliance and making your voice heard.

**PLEASE JOIN US IN ONE MISSION, ONE VOICE WORKING TOGETHER TO END HUNGER.**

FOR MORE INFORMATION ON HOW YOU CAN HELP, PLEASE CONTACT THE ARKANSAS HUNGER RELIEF ALLIANCE  
1400 W. Markham Street, Suite 304, Little Rock, AR 72201  
501/399-9999 [arhungeralliance.org](http://arhungeralliance.org)

Follow us on Facebook  on twitter at @ARHungerRelief  or instagram 



1400 W. Markham, Suite 304 | Little Rock, AR 72201 | 501.399.9999 | [arhungeralliance.org](http://arhungeralliance.org) | @ARHungerRelief

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