

California Food Policy Advocates

California Food Policy Advocates is a public policy and advocacy organization whose mission is to improve the health and well being of low-income Californians by increasing their access to nutritious and affordable food.

CFPA is California's only statewide advocacy organization with a focus on food and nutrition for low-income people. The organization's work emphasizes the critical importance of preserving, improving, and expanding participation in the federal food programs, the state's strongest tool in overcoming malnutrition and hunger. CFPA works with community-based organizations to identify critical food access problems and to mobilize effective solutions to them.

CFPA uses research and analysis, advocacy, and community education and mobilization to ensure that every California has access to the nutrition required to grow, to learn, and to lead a productive life.

Acknowledgments

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Introduction

This is a second time that California Food Policy Advocates has issued the “Touched By Hunger” report. Sadly, not only has the bottom line gotten worse— California is now home to 9.6 million residents who are food insecure or live with an adult who is— but the analysis has not changed either. We are still a state with extraordinary agricultural production, and we will still a state that has not mustered the political will to use that and other resources to end the hunger in our midst.

This report draws upon data generated by the 2003 California Health Interview Survey (CHIS), administered by the UCLA Center for Health Policy Research. The report provides hunger information on a county-by-county basis. As in previous years, this updated analysis reveals a terrible irony: the counties with the highest agricultural production are also the counties whose people suffer the highest rates of hunger and food insecurity. For example, more than 35 percent—3 in every 9—of those living in Fresno County, our top agricultural producer, have been identified as hungry or close to the brink of hunger.

Surely, all of us agree that this state of things is unacceptable. And, over the years, our federal government has responded to malnutrition by forging a shield of nutrition programs to protect us from the harsh consequences of hunger. Unfortunately, these important health supports are severely underutilized and therefore have failed to reach their potential. In California, only about 40 percent of the low-income children who have been certified by their schools as eligible for free or reduced-price school breakfasts receive them. This problem persists despite decades of scientific studies demonstrating the direct link between school breakfast and students’ improvement in academic performance and test scores.

Similarly, nearly half of California’s households with incomes low enough to qualify for the Food Stamp Program fail to participate. As a result, two million non-participants are left without sufficient resources to purchase an adequate diet for themselves and their families. Moreover, their communities lose millions of federal dollars from the local economy at a time when they are sorely needed.

This tragic waste of available federal nutrition funds—and our abandonment of our neediest people—must be fixed. California Food Policy Advocates’ legislative agenda calls for key steps in that process:

Provide Adequate Wages. With high housing costs in this area, employers must provide adequate wages and benefits to ensure that their employees are able to meet basic needs such as food. Nobody should go hungry, but especially not hardworking Californians. The Governor and the Legislature must do their part by raising the minimum wage.

Stop Ripping the Safety Net. For those who can’t work, the elderly and the disabled, we must have an adequate safety net. But in the last legislative session, the Governor and Legislature denied elderly and disabled residents a cost-of-living increase to their monthly financial support. This means nearly 1.2 million seniors, disabled, and blind residents will lose \$750 over the next two years.

State elected officials are not the only ones tearing the safety net. The U.S House of Representatives is poised to cut billions from food assistance, child support and medical assistance, even though research is showing more people are in need and Hurricane Katrina demonstrated how successful food and medical programs are in meeting those needs.

Feed Families with Unused Federal Food Funds. Despite having the Collectinator for a Governor, California's poor participation in the federal Food Stamp and Child Nutrition Programs costs the state around \$2 billion in lost federal funds each year.

Policymakers can easily take action to get more federal dollars into California. They can improve the appeal and access to school meals for low-income children throughout the state. The state's Food Stamp Program can move out of last place in federal rankings by following the lead of other states in reducing the paperwork, red tape and numerous visits required to get help.

Put Fruits and Vegetables Everywhere! The Governor and Legislature did take positive action to invest \$18.2 million for more fruits and vegetables in the school breakfast program. Getting more fruits and vegetables into low-income communities would not only help address hunger but the overall health of our state's poorest residents. Policymakers should continue to focus on getting more fruits and vegetables into schools and should also aim to get more into child care, mom and pop grocery stores, etc. Such actions will be greatly appreciated by our state's farmers and our neighbors and friends who are struggling to get enough to eat.

Please join us as we seek to eliminate hunger—now.

Ken Hecht
Executive Director

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Revisiting California's Paradox: Hunger Amidst Harvest

California has been the largest food and agricultural producer in the United States for the last 50 years. It is also the leading agricultural exporter in the country. In fact, according to the Farm Bureau, if California were a country, it would be the 6th leading agricultural exporter in the world¹.

The U.S. Department of Agriculture has found that over 12% of Californians report “food insecurity.”² Food insecurity occurs whenever the availability of nutritionally adequate and safe food or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain. Despite our agricultural abundance, over 2.9 million Californians experience food insecurity, with over 890,000 people feeling the physical sensation of hunger.

The statewide contrast between agricultural abundance and nutritional vulnerability is just as striking at the county level. As Table 1 indicates, counties with the highest rates of agricultural production in California also have the highest rates of food insecurity.

TABLE 1

County	Total Value of Agricultural Production in 2003 (in \$1,000) ³	Food Insecurity Rate in 2003	County Rank Agricultural Production	County Rank Food Insecurity
Fresno	\$4,052,767	35.8	1	3
Tulare	\$3,294,660	40.1	2	1
Monterey	\$3,288,468	38.1*	3	10
Kern	\$2,477,526	45.2	4	2
Merced	\$1,918,230	34.9	5	9

*Food Insecurity rate for Monterey also includes San Benito County

Hunger is a problem with a clear solution: affordable access to enough nutritious food. It appears that California has the agricultural resources to address hunger in this state. But as this section and other sections of the report indicate, available resources are not being enlisted in the effort to alleviate hunger.

¹ *California Farm Facts 2002*, California Farm Bureau, www.cfbf.com

² M. Nord, M. Andrews, and S. Carlson (October 2004). Household food Insecurity in the United States 2003. Economics Research Services, United States Department of Agriculture.

³ *California Agriculture Statistics 2003*, California Agricultural Statistics Service, www.nass.usda.gov/ca

Background on the Touched By Hunger Data

University of California, Los Angeles conducted its first food insecurity survey in 2001 in response to the work of U.S. Department of Agriculture to get a more localized view of hunger in California. Using the data from the California Health Interview Survey (CHIS), the report found that 2.2 million adults in California experienced food insecurity. The survey was conducted again in 2003 to update the data from 2001. The results from the 2003 CHIS indicate that food insecurity has increased significantly among low-income adults since 2001.

The California Health Interview Survey has two major limitations with regard to food insecurity. First, not all who were interviewed were assessed for hunger and food insecurity — only those individuals whose household income was below 200% of the federal poverty level (about \$36,000 per year for a family of 4). National reports have found a significant number of people experiencing food insecurity at incomes above 200% FPL⁴. U.S. Department of Agriculture has found that households with children report food insecurity at more than double the rate for households without children (16.7% vs. 8.2%).⁵

The second major limitation is the focus of this report. Only the food insecurity of one adult per household was measured by CHIS. The one adult reported his or her own food insecurity, not the nutritional status of other household members (other adults or children). Therefore, CHIS data likely underestimates the true extent of food insecurity in California.

The 2.9 million adults experiencing food insecurity in California generally live with other people. Table 2 indicates, only an estimated 298,000 of these adults live alone. Using available data on household size, we can estimate the number of other people living in the households where one adult reported food insecurity is over 9 million.

TABLE 2

Household Size	Number of Adults who reported food insecurity	% of Total
1 person	298,000	10.2
2 persons	442,000	15.1
3 persons	456,000	15.6
4 persons	544,000	18.6
5 persons	501,000	17.1
6 persons	322,000	11.0
7 persons	172,000	5.9
8 or more persons	193,000	6.6
Total	2,928,000	100.0

⁴ M. Nord, M. Andrews, and S. Carlson (October 2004). Household food Insecurity in the United States 2003. Economics Research Services, United States Department of Agriculture.

⁵ Ibid.

Lost Dollars, Empty Plates: The Underutilization of Federal Resources

In an ideal California, working Californians would be paid wages that would ensure that they have enough resources to put food on the table. In an ideal California, those who can't work due to age or disability would be adequately assisted. Absent these conditions, the wide range of federal food programs can and should play a vital role in assuring the nutritional well-being of low-income Californians.

The federal food programs serve different populations with the same intent: to deliver nutritious food (see www.cfpa.net information and further details on these programs). While some require state or local governments to pay for program administration, the vast majority of the costs of the federal food programs are borne by the federal government. This financing arrangement makes utilization of these programs an excellent investment for California. For example, the federal government provides funding not only to pay for reimbursing the meals served through the school lunch and breakfast programs, but also the programs' administrative costs. The federal Food Stamp Program is a particularly thrifty investment for states. Federal food stamp benefits are entirely federally funded and the federal government also picks up 50% of the program's administrative costs. Moreover, the economic benefits of the food stamp program extend beyond direct federal food stamp expenditures. First, since food stamps must be spent (or their benefits are lost), they have an immediate impact on local economies. In addition, food stamps can only be spent on food. They thus enable families to purchase food they would not otherwise be able to afford, increasing local demand for food-related products and services. Overall, USDA has shown that the Food Stamp Program has an economic multiplier effect of \$1.84 in local economic activity for every food stamp dollar spent.⁶

Unfortunately, California has not taken full advantage of these smart investment opportunities. The data suggest considerable federal resources are being turned away that could be used in the fight to reduce hunger. The Food Stamp Program and the School Breakfast Program are just two examples of how unused or lost federal dollars mean continued empty plates in California.

The Breakfast Example: All children, but especially hungry, low-income children, should start the day with breakfast. Yet over 1,200 California schools don't have a breakfast program. Even those that do may find the program severely underutilized.

California ranks 32nd in the country for schools having the breakfast program according to a recent report by the Food Research and Action Center. More than 20% of the schools that serve lunch do not serve breakfast. California also has a participation problem: although more than 2.5 million kids are eligible for free and reduced-price breakfast, about 1.7 million are not participating in the breakfast program. The state government reports that only about 1 in 6 students (including students of all incomes) is participating in the breakfast program. Such underutilization comes at a high cost. In addition to the administrative funds the state would receive for increased utilization of the breakfast program, California would receive significant funds for meal reimbursement if it served breakfast to all children

⁶ Food Stamp Participation Rates and Benefits: An Analysis of Variation Within Demographic Groups. Office of Analysis, Nutrition and Evaluation. United States Department of Agriculture. May 2003

eligible for free and reduced-price meals. There are 1,751,137 free and reduced-price-eligible children not participating in the breakfast program. That translates into a \$1,879,610 loss per day in federal meal reimbursement funding and close to \$340 million over the course of a school year. Given the extent of California's hunger problem, these resources should not be squandered.

The Food Stamp Example: The Food Stamp Program provides significant benefits for recipients. The average benefit per person is over \$88, all of which must be spent on food. Research shows that food stamp recipients are smart shoppers who get more nutritional value per dollar than the general population.⁷

Yet despite these valuable benefits, California is lagging in Food Stamp Program enrollment. According to the U.S. Department of Agriculture, about half of eligible California residents do not receive food stamps. California has had the highest drop in participation in the country since 1996. Even with the recent downturn in the economy, when one would expect more families to qualify for benefits, food stamp usage rates have not increased.

As with the Breakfast Program, underutilization of food stamps comes at a cost. California Food Policy Advocates estimates that with 100-percent food stamp participation, California could bring in at least \$650 million additional dollars each year—and as much as \$1.49 billion. Even at the state's modest goal of 68-percent participation among eligible people, California could gain between \$220 million and \$500 million annually.⁸

The Food Stamp Program and the School Breakfast program are just two examples of how California is failing to take advantage of federal programs that can help families touched by hunger and food insecurity. Given the large number of Californians vulnerable to poor nutrition, the state must commit to employing the plentiful federal resources that are available.

⁷ Food Research and Action Center http://www.frac.org/html/federal_food_programs/programs/fsp_faq.html

⁸ Lost Dollars, Empty Plates. California Food Policy Advocates. August 2003. www.cfpa.net

County Profiles: Struggles and Available Solutions

The following pages contain information on food insecurity and hunger in California by county. They identify the number of people “touched” by hunger as described in previous sections.

Please note that small sample sizes require us to present food insecurity information for some counties not as a county estimate, but as an estimate for a regional grouping:

- Humboldt, Del Norte
- Mendocino, Lake
- Sutter, Yuba
- Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono, Alpine
- Siskiyou, Lassen, Trinity, Modoc
- Tehama, Glenn, Colusa
- Nevada, Plumas, Sierra
- Monterey, San Benito

Please see methodology on page 70 for details on how the data were compiled.

ALAMEDA COUNTY

Total Population: 1,458,749

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 100,000

Estimated Number of Other Persons* Living in These Households: 315,800

Total Number “Touched” by Hunger and Food Insecurity: 415,800

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Alameda County lost \$61,892,736.00 in food stamp benefits and \$20,827,830.69 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 139,367 people living in poverty in Alameda County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in the households. Please see methodology for more details.

ALPINE COUNTY

Total Population: 1,188

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Alpine County lost \$79,032.00 in food stamp benefits and \$18,917.24 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 188 people living in poverty in Alpine County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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AMADOR COUNTY

Total Population: 37,331

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Amador County lost \$985,764.00 in food stamp benefits and \$334,752.88 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 3,082 people living in poverty in Amador County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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BUTTE COUNTY

Total Population: 211,151

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 15,000

Estimated Number of Other Persons* Living in These Households: 35,835

Total Number “Touched” by Hunger and Food Insecurity: 50,835

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Butte County lost \$15,775,428.00 in food stamp benefits and \$3,302,296.17 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 33,849 people living in poverty in Butte County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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CALAVERAS COUNTY

Total Population: 44,727

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Calaveras County lost \$1,503,744.00 in food stamp benefits and \$471,021.09 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 4,288 people living in poverty in Calaveras County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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COLUSA COUNTY

Total Population: 19,755

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 12,000^A

Estimated Number of Other Persons* Living in These Households: 37,920

Total Number “Touched” by Hunger and Food Insecurity: 49,920

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Colusa, Glenn, and Tehama counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Colusa County lost \$1,081,884.00 in food stamp benefits and \$613,551.96 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 2,567 people living in poverty in Colusa County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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CONTRA COSTA COUNTY

Total Population: 999,930

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 47,000

Estimated Number of Other Persons* Living in These Households: 132,775

Total Number “Touched” by Hunger and Food Insecurity: 179,775

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Contra Costa County lost \$25,466,460.00 in food stamp benefits and \$11,827,055.49 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 66,852 people living in poverty in Contra Costa County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

DEL NORTE COUNTY

Total Population: 27,902

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 14,000^A

Estimated Number of Other Persons* Living in These Households: 33,488

Total Number “Touched” by Hunger and Food Insecurity: 47,488

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Del Norte and Humboldt counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Del Norte County lost \$3,397,308.00 in food stamp benefits and \$460,673.40 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 5,092 people living in poverty in Del Norte County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

EL DORADO COUNTY

Total Population: 169,199

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 7,000

Estimated Number of Other Persons* Living in These Households: 19,306

Total Number “Touched” by Hunger and Food Insecurity: 26,306

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, El Dorado County lost \$3,760,428.00 in food stamp benefits and \$1,303,757.10 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 11,974 people living in poverty in El Dorado County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

FRESNO COUNTY

Total Population: 850,650

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 100,000

Estimated Number of Other Persons* Living in These Households: 365,600

Total Number “Touched” by Hunger and Food Insecurity: 465,600

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Fresno County lost \$100,724,148.00 in food stamp benefits and \$27,167,653.13 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 175,440 people living in poverty in Fresno County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

GLENN COUNTY

Total Population: 27,227

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 12,000^A

Estimated Number of Other Persons* Living in These Households: 37,920

Total Number “Touched” by Hunger and Food Insecurity: 49,920

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Colusa, Glenn, and Tehama counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Glenn County lost \$2,083,668.00 in food stamp benefits and \$739,379.92 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 4,156 people living in poverty in Glenn County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

HUMBOLDT COUNTY

Total Population: 127,908

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 14,000^A

Estimated Number of Other Persons* Living in These Households: 33,488

Total Number “Touched” by Hunger and Food Insecurity: 47,488

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Del Norte and Humboldt counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Humboldt County lost \$9,460,344.00 in food stamp benefits and \$1,744,428.21 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 19,409 people living in poverty in Humboldt County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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IMPERIAL COUNTY

Total Population: 148,924

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 17,000

Estimated Number of Other Persons* Living in These Households: 57,188

Total Number “Touched” by Hunger and Food Insecurity: 74,188

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Imperial County lost \$16,027,476.00 in food stamp benefits and \$5,918,203.75 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 30,374 people living in poverty in Imperial County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

INYO COUNTY

Total Population: 18,364

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Inyo County lost \$850,128.00 in food stamp benefits and \$293,727.92 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 1,800 people living in poverty in Inyo County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

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KERN COUNTY

Total Population: 713,445

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 84,000

Estimated Number of Other Persons* Living in These Households: 289,800

Total Number “Touched” by Hunger and Food Insecurity: 373,800

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Kern County lost \$70,217,796.00 in food stamp benefits and \$22,437,103.67 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 125,214 people living in poverty in Kern County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

KINGS COUNTY

Total Population: 138,708

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 14,000

Estimated Number of Other Persons* Living in These Households: 49,714

Total Number “Touched” by Hunger and Food Insecurity: 63,714

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Kings County lost \$11,761,884.00 in food stamp benefits and \$3,183,975.99 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 23,088 people living in poverty in Kings County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

LAKE COUNTY

Total Population: 63,397

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 15,000^A

Estimated Number of Other Persons* Living in These Households: 34,725

Total Number “Touched” by Hunger and Food Insecurity: 49,725

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lake and Mendocino counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Lake County lost \$5,095,428.00 in food stamp benefits and \$1,449,529.10 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 9,884 people living in poverty in Lake County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

LASSEN COUNTY

Total Population: 34,153

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 6,000^A

Estimated Number of Other Persons* Living in These Households: 15,726

Total Number “Touched” by Hunger and Food Insecurity: 21,726

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lassen, Modoc, Trinity, and Siskiyou counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Lassen County lost \$1,845,504.00 in food stamp benefits and \$444,422.14 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 4,231 people living in poverty in Lassen County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

LOS ANGELES COUNTY

Total Population: 9,860,382

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 957,000

Estimated Number of Other Persons* Living in These Households: 3,160,971

Total Number “Touched” by Hunger and Food Insecurity: 4,117,971

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Los Angeles County lost \$623,165,184.00 in food stamp benefits and \$254,574,351.20 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 1,683,869 people living in poverty in Los Angeles County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MADERA COUNTY

Total Population: 133,696

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 15,000

Estimated Number of Other Persons* Living in These Households: 57,765

Total Number “Touched” by Hunger and Food Insecurity: 72,765

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Madera County lost \$13,043,484.00 in food stamp benefits and \$3,558,110.24 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 25,869 people living in poverty in Madera County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MARIN COUNTY

Total Population: 246,635

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 5,000

Estimated Number of Other Persons* Living in These Households: 9,950

Total Number “Touched” by Hunger and Food Insecurity: 14,950

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Marin County lost \$3,662,172.00 in food stamp benefits and \$999,150.96 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 16,158 people living in poverty in Marin County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MARIPOSA COUNTY

Total Population: 17,797

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Mariposa County lost \$754,008.00 in food stamp benefits and \$255,428.27 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 2,060 people living in poverty in Mariposa County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MENDOCINO COUNTY

Total Population: 88,476

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 15,000^A

Estimated Number of Other Persons* Living in These Households: 34,725

Total Number “Touched” by Hunger and Food Insecurity: 49,725

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lake and Mendocino counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Mendocino County lost \$6,772,188.00 in food stamp benefits and \$1,846,962.67 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 12,730 people living in poverty in Mendocino County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MERCED COUNTY

Total Population: 231,397

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 26,000

Estimated Number of Other Persons* Living in These Households: 91,104

Total Number “Touched” by Hunger and Food Insecurity: 117,104

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Merced County lost \$25,498,500.00 in food stamp benefits and \$8,120,443.89 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 43,071 people living in poverty in Merced County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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MODOC COUNTY

Total Population: 9,465

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 6,000^A

Estimated Number of Other Persons* Living in These Households: 15,726

Total Number “Touched” by Hunger and Food Insecurity: 21,726

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lassen, Modoc, Trinity, and Siskiyou counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Modoc County lost \$690,996.00 in food stamp benefits and \$179,258.14 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 1,550 people living in poverty in Modoc County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

MONO COUNTY

Total Population: 12,831

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Alpine, Amador, Calaveras, Inyo, Mariposa, Mono, and Tuolumne counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Mono County lost \$248,844.00 in food stamp benefits and \$195,877.81 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 1,052 people living in poverty in Mono County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

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MONTEREY COUNTY

Total Population: 414,423

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 53,000^A

Estimated Number of Other Persons* Living in These Households: 200,764

Total Number “Touched” by Hunger and Food Insecurity: 253,764

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Monterey and San Benito counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Monterey County lost \$16,748,376.00 in food stamp benefits and \$11,492,877.13 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 52,743 people living in poverty in Monterey County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

^{*} California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

NAPA COUNTY

Total Population: 131,751

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 7,000

Estimated Number of Other Persons* Living in These Households: 21,847

Total Number “Touched” by Hunger and Food Insecurity: 28,847

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Napa County lost \$2,280,180.00 in food stamp benefits and \$2,107,351.76 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 8,957 people living in poverty in Napa County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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NEVADA COUNTY

Total Population: 96,252

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 9,000^A

Estimated Number of Other Persons* Living in These Households: 19,161

Total Number “Touched” by Hunger and Food Insecurity: 28,161

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Nevada, Plumas, and Sierra counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Nevada County lost \$2,017,452.00 in food stamp benefits and \$553,485.56 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 7,240 people living in poverty in Nevada County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

ORANGE COUNTY

Total Population: 2,960,149

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 214,000

Estimated Number of Other Persons* Living in These Households: 758,844

Total Number “Touched” by Hunger and Food Insecurity: 972,844

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Orange County lost \$73,899,192.00 in food stamp benefits and \$45,496,911.16 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 299,558 people living in poverty in Orange County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

PLACER COUNTY

Total Population: 293,630

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 11,000

Estimated Number of Other Persons* Living in These Households: 32,197

Total Number “Touched” by Hunger and Food Insecurity: 43,197

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Placer County lost \$4,965,132.00 in food stamp benefits and \$2,245,813.87 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 16,123 people living in poverty in Placer County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

PLUMAS COUNTY

Total Population: 21,198

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 9,000^A

Estimated Number of Other Persons* Living in These Households: 19,161

Total Number “Touched” by Hunger and Food Insecurity: 28,161

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Nevada, Plumas, and Sierra counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Plumas County lost \$585,264.00 in food stamp benefits and \$176,814.40 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 2,051 people living in poverty in Plumas County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

RIVERSIDE COUNTY

Total Population: 1,782,822

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 145,000

Estimated Number of Other Persons* Living in These Households: 501,990

Total Number “Touched” by Hunger and Food Insecurity: 646,990

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Riverside County lost \$66,931,560.00 in food stamp benefits and \$44,977,733.91 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 225,726 people living in poverty in Riverside County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SACRAMENTO COUNTY

Total Population: 1,330,730

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 88,000

Estimated Number of Other Persons* Living in These Households: 298,584

Total Number “Touched” by Hunger and Food Insecurity: 386,584

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Sacramento County lost \$102,420,132.00 in food stamp benefits and \$18,269,838.53 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 166,431 people living in poverty in Sacramento County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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SAN BENITO COUNTY

Total Population: 56,187

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 53,000^A

Estimated Number of Other Persons* Living in These Households: 200,764

Total Number “Touched” by Hunger and Food Insecurity: 253,764

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Monterey and San Benito counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Benito County lost \$2,652,912.00 in food stamp benefits and \$1,126,534.86 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 4,911 people living in poverty in San Benito County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SAN BERNARDINO COUNTY

Total Population: 1,862,195

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 188,000

Estimated Number of Other Persons* Living in These Households: 669,468

Total Number “Touched” by Hunger and Food Insecurity: 857,468

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Bernardino County lost \$83,823,048.00 in food stamp benefits and \$52,550,395.37 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 286,957 people living in poverty in San Bernardino County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SAN DIEGO COUNTY

Total Population: 2,918,829

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 190,000

Estimated Number of Other Persons* Living in These Households: 623,200

Total Number “Touched” by Hunger and Food Insecurity: 813,200

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Diego County lost \$77,955,456.00 in food stamp benefits and \$45,442,861.08 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 311,688 people living in poverty in San Diego County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SAN FRANCISCO COUNTY Total Population: 751,908

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 43,000

Estimated Number of Other Persons* Living in These Households: 90,859

Total Number “Touched” by Hunger and Food Insecurity: 133,859

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Francisco County lost \$30,428,388.00 in food stamp benefits and \$11,081,326.23 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 79,463 people living in poverty in San Francisco County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SAN JOAQUIN COUNTY

Total Population: 631,876

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 63,000

Estimated Number of Other Persons* Living in These Households: 203,175

Total Number “Touched” by Hunger and Food Insecurity: 266,175

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Joaquin County lost \$44,795,124.00 in food stamp benefits and \$16,161,722.09 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 87,813 people living in poverty in San Joaquin County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SAN LUIS OBISPO COUNTY

Total Population: 253,072

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 15,000

Estimated Number of Other Persons* Living in These Households: 41,715

Total Number “Touched” by Hunger and Food Insecurity: 56,715

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Luis Obispo County lost \$5,833,416.00 in food stamp benefits and \$2,451,308.84 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 25,698 people living in poverty in San Luis Obispo County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SAN MATEO COUNTY

Total Population: 699,094

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 41,000

Estimated Number of Other Persons* Living in These Households: 119,761

Total Number “Touched” by Hunger and Food Insecurity: 160,761

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, San Mateo County lost \$7,964,076.00 in food stamp benefits and \$6,474,435.63 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 40,624 people living in poverty in San Mateo County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SANTA BARBARA COUNTY

Total Population: 402,795

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 37,000

Estimated Number of Other Persons* Living in These Households: 125,985

Total Number “Touched” by Hunger and Food Insecurity: 162,985

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Santa Barbara County lost \$15,525,516.00 in food stamp benefits and \$7,020,161.67 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 48,142 people living in poverty in Santa Barbara County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

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SANTA CLARA COUNTY

Total Population: 1,675,915

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 93,000

Estimated Number of Other Persons* Living in These Households: 317,502

Total Number “Touched” by Hunger and Food Insecurity: 410,502

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Santa Clara County lost \$51,437,016.00 in food stamp benefits and \$18,676,050.92 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 128,622 people living in poverty in Santa Clara County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SANTA CRUZ COUNTY

Total Population: 251,725

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 22,000

Estimated Number of Other Persons* Living in These Households: 70,224

Total Number “Touched” by Hunger and Food Insecurity: 92,224

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Santa Cruz County lost \$8,893,236.00 in food stamp benefits and \$4,331,858.66 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 25,936 people living in poverty in Santa Cruz County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SHASTA COUNTY

Total Population: 175,654

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 19,000

Estimated Number of Other Persons* Living in These Households: 44,498

Total Number “Touched” by Hunger and Food Insecurity: 63,498

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Shasta County lost \$11,823,828.00 in food stamp benefits and \$2,170,889.89 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 23,209 people living in poverty in Shasta County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SIERRA COUNTY

Total Population: 3,546

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 9,000^A

Estimated Number of Other Persons* Living in These Households: 19,161

Total Number “Touched” by Hunger and Food Insecurity: 28,161

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Nevada, Plumas, and Sierra counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Sierra County lost \$111,072.00 in food stamp benefits and \$55,990.27 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 337 people living in poverty in Sierra County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SISKIYOU COUNTY

Total Population: 44,630

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 6,000^A

Estimated Number of Other Persons* Living in These Households: 15,726

Total Number “Touched” by Hunger and Food Insecurity: 21,726

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lassen, Modoc, Trinity, and Siskiyou counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Siskiyou County lost \$3,615,180.00 in food stamp benefits and \$745,406.87 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 6,877 people living in poverty in Siskiyou County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SOLANO COUNTY

Total Population: 411,636

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 28,000

Estimated Number of Other Persons* Living in These Households: 76,636

Total Number “Touched” by Hunger and Food Insecurity: 104,636

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Solano County lost \$14,426,544.00 in food stamp benefits and \$6,545,970.82 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 31,329 people living in poverty in Solano County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SONOMA COUNTY

Total Population: 467,304

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 26,000

Estimated Number of Other Persons* Living in These Households: 68,094

Total Number “Touched” by Hunger and Food Insecurity: 94,094

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Sonoma County lost \$10,967,292.00 in food stamp benefits and \$3,472,841.11 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 34,765 people living in poverty in Sonoma County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

STANISLAUS COUNTY

Total Population: 491,014

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 51,000

Estimated Number of Other Persons* Living in These Households: 182,529

Total Number “Touched” by Hunger and Food Insecurity: 233,529

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Stanislaus County lost \$33,100,524.00 in food stamp benefits and \$12,931,927.01 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 67,057 people living in poverty in Stanislaus County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

SUTTER COUNTY

Total Population: 84,670

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 53,168

Total Number “Touched” by Hunger and Food Insecurity: 69,168

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Sutter and Yuba counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Sutter County lost \$4,749,396.00 in food stamp benefits and \$1,651,500.59 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 10,848 people living in poverty in Sutter County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

TEHAMA COUNTY

Total Population: 58,892

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 12,000^A

Estimated Number of Other Persons* Living in These Households: 37,920

Total Number “Touched” by Hunger and Food Insecurity: 49,920

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Colusa, Glenn, and Tehama counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Tehama County lost \$4,791,048.00 in food stamp benefits and \$1,172,955.34 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 9,430 people living in poverty in Tehama County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

TRINITY COUNTY

Total Population: 13,502

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 6,000^A

Estimated Number of Other Persons* Living in These Households: 15,726

Total Number “Touched” by Hunger and Food Insecurity: 21,726

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Lassen, Modoc, Trinity, and Siskiyou counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Trinity County lost \$793,524.00 in food stamp benefits and \$148,262.77 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 2,132 people living in poverty in Trinity County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

TULARE COUNTY

Total Population: 391,084

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 55,000

Estimated Number of Other Persons* Living in These Households: 197,120

Total Number “Touched” by Hunger and Food Insecurity: 252,120

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Tulare County lost \$52,773,084.00 in food stamp benefits and \$14,003,380.87 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 86,920 people living in poverty in Tulare County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

TUOLUMNE COUNTY

Total Population: 56,790

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000

Estimated Number of Other Persons* Living in These Households: 43,552

Total Number “Touched” by Hunger and Food Insecurity: 59,552

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Tuolumne County lost \$2,315,424.00 in food stamp benefits and \$578,953.76 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 6,286 people living in poverty in Tuolumne County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

VENTURA COUNTY

Total Population: 790,560

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 51,000

Estimated Number of Other Persons* Living in These Households: 188,496

Total Number “Touched” by Hunger and Food Insecurity: 239,496

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Ventura County lost \$23,613,480.00 in food stamp benefits and \$11,855,475.73 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 70,532 people living in poverty in Ventura County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

YOLO COUNTY

Total Population: 181,898

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 10,000

Estimated Number of Other Persons* Living in These Households: 27,730

Total Number “Touched” by Hunger and Food Insecurity: 37,730

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Yolo County lost \$7,974,756.00 in food stamp benefits and \$2,649,469.38 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 19,967 people living in poverty in Yolo County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

Contact your policymakers: They vote frequently on policies impacting low-income Californians. They need to hear from you that hunger and adequate nutrition are priorities.

Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

YUBA COUNTY

Total Population: 63,594

HUNGER



Estimated Number of Low Income Adults Reporting Hunger or Food Insecurity: 16,000^A

Estimated Number of Other Persons* Living in These Households: 53,168

Total Number “Touched” by Hunger and Food Insecurity: 69,168

^A Due to the small sample size, Food Insecurity data is presented as a regional grouping. This region includes Sutter and Yuba counties.

CONSEQUENCES OF HUNGER¹

- **Poor Health:** Food insecurity leads to poor quality diets, resulting in substandard nutritional status. Food-insecure adults with diabetes have greater risk of complications of their disease and greater utilization of expensive medical care.
- **Poor School Performance:** Children in food-insecure households tend to do less well in school. They have higher rates of absences, tardiness and poorer cognitive functioning.
- **Increased Risk of Emotional Problems:** Children and adolescents in food insecure households are more likely to be depressed and to engage in anti-social behavior.

WHAT YOU CAN DO ABOUT HUNGER: ACTION STEPS

Federal Nutrition Programs: Reduce barriers and encourage participation in the underutilized federally-funded nutrition assistance programs. For example, Yuba County lost \$7,301,916.00 in food stamp benefits and \$1,606,016.39 in school nutrition reimbursement due to underutilization of these programs. Hunger can be alleviated by families’ using the Food Stamp Program, National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Programs. With tight budgets facing the State, drawing down federal resources to reduce food insecurity should be a top priority.

Reduce household economic pressures: The rising cost of gasoline, health care/insurance, housing and other household needs all compete for low wage workers’ limited household dollars, resulting in inadequate nutrition. State and local policies in these areas impact food resources, such as minimum wage, energy prices, and high housing prices, which would affect 11,075 people living in poverty in Yuba County. For example, the state minimum wage has not increased since 2002, while the cost of household needs has skyrocketed. The state minimum wage should be increased and indexed to inflation to ensure that families are not falling behind and being forced to choose between food and other basic needs.

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Full report and methodology can be found at www.cfpa.net

* California Health Interview Survey collected data on food insecurity from adults only. This CFPA report *estimates* the number of other persons (adults and children, grandparents and other relatives) in a household. Please see methodology for more details.

Methodology and Data Sources

FOOD INSECURITY DATA

CFPA used data from the California Health Interview Survey (CHIS), which was conducted by the University of California, Los Angeles in 2003. CHIS, the largest state health survey in the country, collected data from 42,044 households drawn from every county in the state. Due to small sample sizes, some counties were put together as regional groupings. Because CHIS only measured the food insecurity of one adult, CFPA used household size data from CHIS to estimate how many individuals are living in households affected by food insecurity. By multiplying the number of people in each household by the number of households and then subtracting the number of adults already counted by CHIS, CFPA calculated an estimate of the number of individuals in households touched by food insecurity.

www.chis.ucla.edu

TOTAL POPULATION

CFPA gathered the population data from the U.S. Census Bureau, Population Estimates Program. It reflects the population estimates for July 2003 and includes all ages.

<http://www.census.gov/popest/estimates.php>

FOOD STAMP FEDERAL DOLLARS LOST

To calculate the total lost federal dollars, CFPA multiplied the estimated number of Californians eligible but not participating in the food stamps by the average food stamp benefit of \$89 per month by 12 months.

The average food stamp benefit was obtained from <http://www.fns.usda.gov/pd/fsavgben.htm>

To estimate the number of people eligible for food stamps, we first identified the state's current food stamp participation rate. Rather than use the newly released rate of 35% of all Californians (see http://www.frac.org/html/federal_food_programs/FSP/Participation_Rates_03.html), we used the slightly older but better developed rate of 53% from the US Department of Agriculture. We believe this is a more reliable estimate (though older) because it includes factors beyond income. For more details on this rate, see

<http://www.fns.usda.gov/oane/MENU/Published/FNS/FILES/Participation/Reaching2001.pdf>

While individual county performance may vary, we applied the statewide participation rate to county figures in order to provide a rough distribution of non-participants throughout the state.

SCHOOL NUTRITION FEDERAL DOLLARS LOST

* "School Nutrition" only includes the National School Lunch Program and the School Breakfast Program.

To calculate the total lost federal dollars, CFPA calculated the lost federal dollars separately for lunch and breakfast and added them together. This was due to the different reimbursement rates for lunch and breakfast.

For the National School Lunch Program, CFPA multiplied the estimated number of eligible but non-participating free students by served by \$2.19 (federal reimbursement) plus all non-participating reduced-price students by \$1.79 (federal reimbursement) for 180 school days. The reimbursement rate was obtained from: <http://www.cde.ca.gov/ls/nu/rs/rates0304.asp>

For the School Breakfast Program, CFPA multiplied the estimated number of eligible but non-participating free students by \$1.20 (federal reimbursement) plus all eligible but non-participating reduced-price students by \$0.90 (federal reimbursement) for 180 school days. The reimbursement rate was obtained from: <http://www.cde.ca.gov/ls/nu/rs/rates0304.asp>

The number eligible was determined from CDE's number of students who are enrolled in the free and reduced-price meal program. This indicates that these students have applied for and been certified to receive either free or reduced-price school meals. However, there are students who are not certified for free or reduced-price school meals who are eligible but not participating. While the Census could provide the number of children whose incomes are below 185% of FPL (the cut-off for reduced-price meals), this would overestimate eligibility because some of these children would not have access to school meals given that they are enrolled in private schools, home schooled, or have other school arrangements.

<http://www.cde.ca.gov/ds/sh/sn/documents/coproschool0304.pdf>

POPULATION LIVING IN POVERTY

The total number of Californians living in poverty (defined as living at 100% of the federal poverty line or below) comes from the U.S. Census Bureau, Small Area Income and Poverty Estimates, 2002. <http://www.census.gov/cgi-bin/saie/saie.cgi>

CONSEQUENCES OF HUNGER

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