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**Contact:** Mary Ingarra  
**Phone:** (203) 469-5000 ext. 309  
(203) 619-3696 (cell for media)  
**E-mail:** mingarra@ctfoodbank.org

## **Face of Hunger in Connecticut Revealed By New Feeding America Report**

Largest, Most Comprehensive Analysis of Charitable Food Assistance in America  
Shows Depth of Need in Connecticut

**East Haven, CT** – Sixty-eight percent of people seeking food assistance from Connecticut Food Bank’s network of feeding programs had to choose between paying for food or medicine in the last 12 months according to the *Hunger in America 2014* report for Connecticut. The study was conducted by Connecticut Food Bank in partnership with Feeding America, the nation’s leading domestic hunger-relief organization.

Nationally, *Hunger in America 2014* found that 46.5 million people turn to agencies and programs of the Feeding America network of food banks every year. Connecticut Food Bank has been a member of the Feeding America network since 1984.

The study documents client household demographics and the challenges that Connecticut Food Bank’s clients face. It is the first study that assesses the prevalence of food insecurity among past and active members of the U.S. Military and among adult students.

“The results of this study show us that the face of hunger is one we might recognize,” said Nancy L. Carrington, Connecticut Food Bank President & CEO. “Many of our neighbors who are seeking food assistance have jobs, raise families, work toward education and struggle with health problems, like all of us. Too often, our clients also have to make difficult trade-offs to get enough food for their families. During Hunger Action Month this September, it is important to remember the critical work Connecticut Food Bank does every day, and how much more we can do together to solve hunger in Connecticut.”

“The *Hunger in America 2014* findings demonstrates the urgent need for all of us to address hunger in our communities,” said Bob Aiken, CEO of Feeding America. “This data provides a factual basis for decisions about how we as a nation approach hunger relief and protect our most vulnerable citizens.”

A key finding of the report shows that nearly 45 percent of households served through the Connecticut Food Bank network used three or more coping strategies for getting enough food in the past 12 months. The frequency of these strategies among all households includes:

- 73.2 percent report purchasing inexpensive, unhealthy food;
- 54.4 percent report receiving help from friends or family;
- 42.6 percent purchased food in dented or damaged packages;



- 40.8 percent ate food past its expiration date;
- 40.7 percent watered down food or drinks;
- 34.7 percent report pawning or selling personal property; and
- 16 percent report growing food in a garden;

### **LOW WAGES, UNDEREMPLOYMENT AND UNEMPLOYMENT DRIVING NEED**

- 17.7 percent of respondents have faced foreclosure or eviction in the past five years.
- Among all households served by Connecticut Food Bank's agencies and programs, 60.3 percent have at least one member who has been employed in the past year.
- Among all households with an employed person, the person with the longest employment duration is more likely to be employed part-time (59.2 percent) than full-time (40.8 percent).

*Hunger in America 2014* was conducted using rigorous academic research standards and was peer reviewed by a technical advisory team including researchers from American University, University of Illinois at Champaign-Urbana and the Urban Institute. Nationally, confidential responses were collected on electronic tablets by 6,000 trained data collectors, the majority of whom were volunteers.

The study was funded by The Howard G. Buffett Foundation.

A summary of the findings is available at [www.ctfoodbank.org](http://www.ctfoodbank.org). The full national report is available on Feeding America's website [www.feedingamerica.org](http://www.feedingamerica.org) at [Hunger in America 2014](#).

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**Connecticut Food Bank** serves nearly 700 local emergency food assistance programs in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham. Connecticut Food Bank distributes an average of 40 tons of food every business day.

### **About Feeding America**

Feeding America is a nationwide network of 200 food banks that leads the fight against hunger in the United States. Together, we provide food to more than 46 million people through food pantries and meal programs in communities throughout America. Feeding America also supports programs that improve food security among the people we serve; educates the public about the problem of hunger; and advocates for legislation that protects people from going hungry. Individuals, charities, businesses and government all have a role in ending hunger. Donate. Volunteer. Advocate. Educate. Together we can solve hunger. Visit <http://www.feedingamerica.org/>. Find us on Facebook at [www.facebook.com/FeedingAmerica](http://www.facebook.com/FeedingAmerica) or follow us on Twitter at [www.twitter.com/FeedingAmerica](http://www.twitter.com/FeedingAmerica).