



Sowing Seeds of Justice: Food Security for All

Equity and Food Security
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Artwork by a child from
Central America
detained in Mexico.
Poem: Karen Ehrens

We are all here

**Our lives are bound together.
There is no 'them'...'us'**

**How, then, to get
past OR
to AND
past 'versus'
to 'with us'?**

**Together.
Together.**

**See the eyes
Offer a hand
Pass the bread**

**Together.
Together.**

**Walk a mile
Sing a song
Mumble a prayer**

**Together.
Together.**



JUSTICE

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Micah 6:8

The background features a light grey base with several organic, overlapping shapes in muted colors: a large brown shape on the left, a green shape at the top right, and a light blue-grey shape on the right. A white, wavy line curves across the bottom right. In the top left, there is a faint, grey silhouette of a pine branch.

What is...?

Hunger

- A physical sensation or condition
- “Hunger is discomfort, illness, weakness, or pain caused by prolonged, involuntary lack of food.”
U.S. Department of Health and Human Services
- Sometimes shorthand for the following terms...

Food insecurity

Food Security?

- Food security for a household means access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum:
- The ready availability of nutritionally adequate and safe foods.
- Assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies)

Food Insecurity?

- Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

How is Food Security Measured?

Can afford enough healthy food

Food secure

Worry, stretch, juggle

Food insecure

Reduce quality and variety of diet


**Low food
security**

Reduce food intake (adults)

Very low

Reduce food intake of children

food security



“The nuance is that some people are not ‘food insecure’ because they get access to the charitable food system. That doesn’t mean they’re able to achieve self sufficiency.”

Claire Babineaux-Fontenot, CEO, Feeding America, a national foodbank network

One in 20 bags of food assistance comes from a charitable organization. Federal nutrition programs provide the rest.

ONE IN 20



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(Source: Bread for the World Institute)

Federal Nutrition Programs

- **SNAP** Supplemental Nutrition Assistance Program
 - SNAP Education
- **WIC** Women, Infants, and Children Special Supplemental Nutrition Assistance Program
- **Child Nutrition Programs:** Childcare and Schools, Summer, Snack Programs
- **TEFAP** The Emergency Food Assistance Program (through food banks)
- **CSFP** Commodity Supplemental Food Program (mainly seniors)
- **FDPIR** Food Distribution Program on Indian Reservations
- **Senior Meals** – Home-delivered and Congregate Meal Programs

Nutrition Security

Nutrition security means all Americans have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being...

“and, if needed, treat disease, particularly among racial/ethnic minority, lower income, and rural and remote populations including Tribal communities and Insular areas.”

- U.S. Department of Agriculture

Nutrition Health Disparities and Chronic Disease

- Poor diet quality is higher across lower SES groups, racial/ethnic minorities and is associated with
 - Adverse health outcomes such as obesity, diabetes, cardiovascular disease, and diet-related cancers (Micha R et al. PloS One 2017 & Zhang FF et al. JNCI Cancer Spectr 2019)
 - Increased risk for morbidity and mortality (Micha R et al. JAMA 2017)
- Food and nutrition insecurity have been linked to poor diet quality and nutrition-related health disparities (chronic disease risk) among the socioeconomically disadvantaged



Chronic Diseases, Health Conditions, and Health Behaviors Associated With Food Insecurity

Children	Adults*	Older Adults
Asthma ⁷⁹	Arthritis ⁸⁰	Asthma ⁸¹
Behavioral and social-emotional problems (e.g., hyperactivity) ^{82,83,84}	Asthma ⁸⁵	Congestive heart failure ⁸⁶
Birth defects ⁸⁷	Cancer ⁸⁸	Depression ⁸⁹
Developmental risk ⁹⁰	Chronic kidney disease (especially among those with either diabetes or hypertension) ⁹¹	Diabetes ⁹²
Iron deficiency anemia ^{93,94}	Chronic obstructive pulmonary disease (COPD) ⁹⁵	Gum disease ⁹⁶
Less physical activity ⁹⁷	Cigarette smoking ⁹⁸	History of a heart attack ⁹⁹
Low birth weight ^{100,101}	Coronary heart disease ¹⁰²	Hypertension ¹⁰³
Lower bone density (among boys) ¹⁰⁴	Depression (including maternal depression) ^{105,106}	Limitations in activities of daily living ¹⁰⁷
Lower health status ^{108,109}	Diabetes ^{110,111}	Lower cognitive function ¹¹²
Lower health-related quality of life ¹¹³	Functional limitations ¹¹⁴	Lower intakes of calories and key nutrients (e.g., protein, iron, calcium, vitamins A and C) ¹¹⁵
Lower physical functioning ¹¹⁶	Hepatitis ¹¹⁷	Obesity (primarily among women) ¹¹⁸
Mental health problems (e.g., depression, anxiety, suicidal ideation) ^{119,120,121}	Higher levels of C-reactive protein (a marker of inflammation) ^{122,123}	Osteoporosis ¹²⁴
More frequent colds and stomachaches ¹²⁵	Hyperlipidemia ¹²⁶ and dyslipidemia ¹²⁷	Peripheral arterial disease ¹²⁸
Poor dietary quality ¹²⁹	Hypertension ¹³⁰	Poor or fair health status ¹³¹
Poor educational performance and academic outcomes ^{132,133,134,135}	Insufficient sleep or poor sleep outcomes ^{136,137}	
Untreated dental caries (i.e., tooth decay) ¹³⁸	Less physical activity ¹³⁹	
	Mental distress ¹⁴⁰	
	Obesity (primarily among women) ^{141,142,143}	
	Poor dietary intake ¹⁴⁴	

Look at you, Westminster!



City Mission



S. Hills Interfaith
Movement



Rise Against
Hunger



Garfield Community
Farm

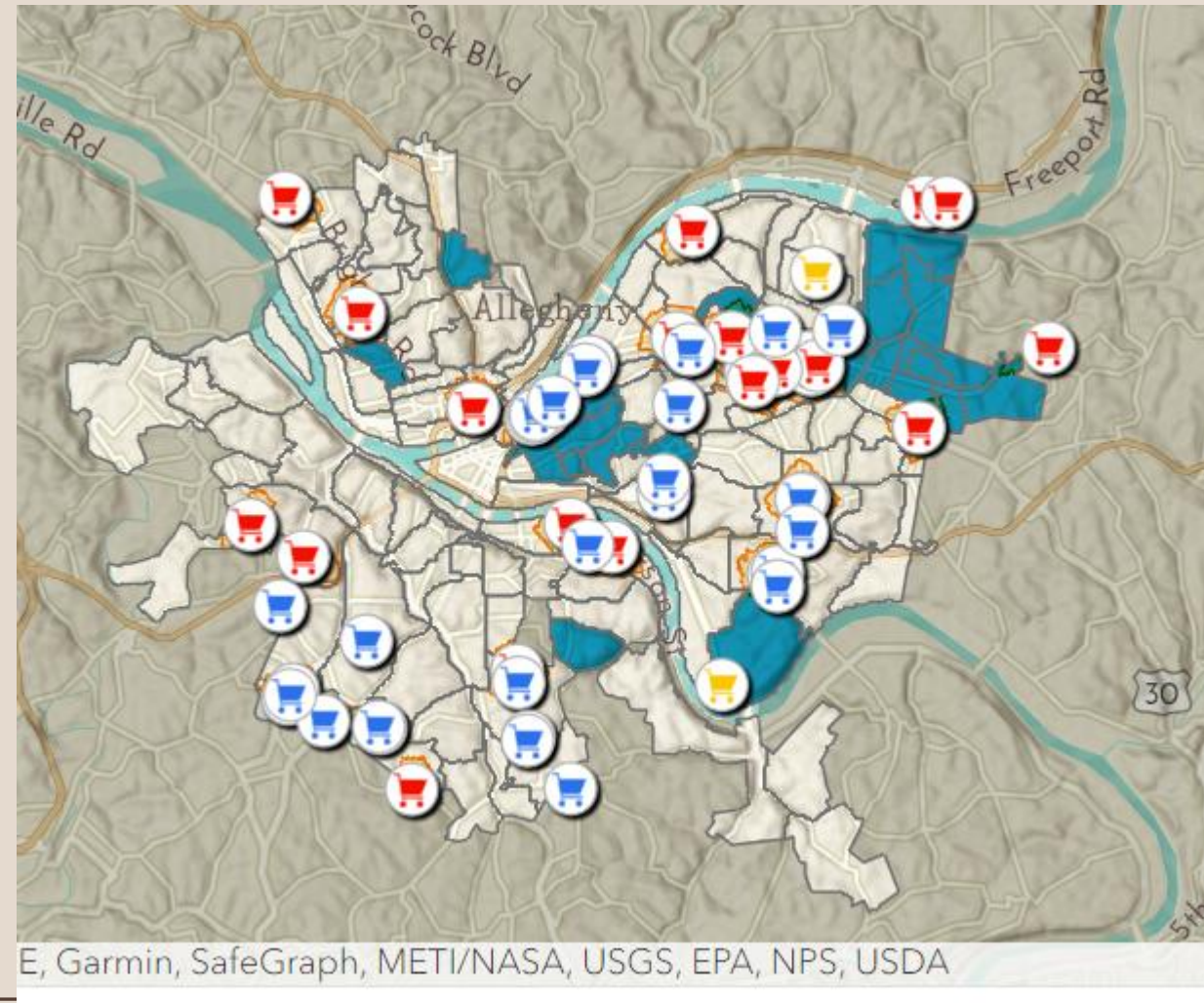
JUSTICE

Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me.'





Matthew 25: 37-40

What's outside your door?

- 1 in 5 Pittsburgh residents faces food insecurity
- **Why are there large areas of the city without grocery stores?**



National Food Insecurity Rates by Race or Ethnicity (2021)

		 Disability	 Homeownership	 Median Income	 Poverty
Asian	6%	7%	61%	\$98,367	10%
Black	20%	14%	43%	\$46,401	22%
Latino	17%	9%	49%	\$58,791	18%
Native American	20%	16%	55%	\$50,183	23%
Pacific Islander	17%	12%	42%	\$71,029	17%
White, non-Hispanic	7%	14%	73%	\$75,208	9%

Social Determinants of Health

Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks

- Economic opportunities
- Education access and quality
- Health care access and quality
- Neighborhood, Housing, Environment
- Community

Social Determinants of Health



Working to end food insecurity may also look like

- Child Tax Credits
- Affordable, fair housing
- Access to credit
- Access to scholarships, student loans
- Equitable tax structures
- End to corporate benefits
- Immigration policy changes
- Livable wages
- The Poor People's Campaign

Find more information from the Coalition on Human Needs:

The Coalition on Human Needs (CHN) is an alliance of national organizations working together to promote public policies which address the needs of low-income and other vulnerable people.

<https://www.chn.org/.org>



JUSTICE

Let justice roll on like a river,
righteousness like a never-failing stream!
Amos 5:24

A collage of various colored paper scraps, including red, white, and yellow, scattered on a black background. The scraps are irregularly shaped and some show signs of being torn or crumpled. The text is overlaid in the center in a bold, red font.

**Through God, with God, in God,
we can do more together than
we can alone!**