

# NO+mas HAMBRE

**N**early 50 million Americans face hunger, but for Latinos the news is even worse. According to a recent study by the Department of Agriculture, about 29.4% of Latinos experience food insecurity, compared to 11.6% of non-Hispanic whites. While this can be attributed to economic factors such as unemployment, there is another reason. According to Vicki Escarra, president of Feeding America, it's "due to a lack of awareness of emergency feeding programs..." The fact that almost one in three Latinos goes hungry has been largely ignored. But it is not enough to make ourselves aware of the problem. A challenge of this magnitude can be met only if the Latino community is mobilized to take action.

**FACT: 29.4% of Latinos go hungry**

**L**ATINO Magazine is collaborating with the AARP Foundation to address this need through an initiative called NO+HAMBRE (*no más hambre*). It will raise public awareness about hunger in the Latino community through a website; foster a national conversation about this issue in a NO+HAMBRE Summit to be held in Washington, DC; and mobilize Latinos to get involved through a national food drive and SNAP outreach project. Join us!

**FACT: only 56.4% of eligible Latinos get food stamps**

Learn more about NO+HAMBRE: [www.latinomagazine.com](http://www.latinomagazine.com).

# NO + mas + HAMBRE

## The Truth About Hunger

The shadow that hunger casts over Latinos was revealed by a study entitled *Household Food Security in the United States*, released in November 2009 by the US Department of Agriculture (USDA). Each year, the USDA's Economic Research Service measures "food insecurity" in a survey conducted by the Census Bureau. This term is defined as having "difficulty providing enough food for all [family] members due to a lack of resources." The study can be downloaded at [www.ers.usda.gov/Publications/ERR83/](http://www.ers.usda.gov/Publications/ERR83/).

The findings showed that 14.6% of US households are what is clinically referred to as "food insecure." This signifies an increase from 11.1% in 2007, and was

the highest level recorded since the surveys began in 1995. 5.7% of households had "very low food security," defined as when "the food intake of some household

members were reduced, and their normal eating patterns were disrupted..." The study measured conditions in 2008. Given the recent economic crisis, one can assume that conditions may have worsened in 2009.

The study also revealed that conditions among Hispanic households were considerably more severe. 26.9% of Hispanic

households experienced food insecurity (29.4% of the Hispanic population) and 8.8% had very low food security. This shocking health disparity means that Hispanics are nearly twice as likely to go hungry as the rest of the population. Food insecurity is even



**"These numbers are a wake-up call for the country."**

Secretary of Agriculture Tom Vilsack

## “The AARP Foundation believes that no one of any age should have to go hungry.”

greater among Hispanic households with children (32.1%) and in those with income below 130% of the poverty line (43.3%).

Apart from this, relatively little research has been undertaken on hunger in the Latino community. A 2006 report by the National Council of La Raza (NCLR) entitled *Sin Provecho: Latinos and Food Insecurity*, stated that 19.6% of Latinos “face food insecurity each year.” One of the factors identified by the study was that eligible Latinos were missing out on food assistance programs that can provide families with hundreds of dollars a month to help pay for groceries. Up to 3 million eligible Latino families were not participating in the Food Stamp Program (now called SNAP) due to “lack of available culturally and linguistically appropriate information and confusion about eligibility rules...”

A recent study by Feeding America, *Hunger in America 2010*, shows the connection between economic conditions and the increased need for emergency food services. Approximately 37 million people (one in eight Americans) receive emergency food service each year, an increase of 46% since 2006. Yet for Hispanics, the figure rose 66%, even though their participation rate in SNAP remained low, as shown above. This study

can be downloaded at <http://feedingamerica.org/faces-of-hunger/hunger-in-america-2010/hunger-report-2010.aspx>.

The problem of hunger among the elderly is particularly acute. According to AARP Public Policy Institute, between 2006 and 2008, the number of poor and near-poor elderly experiencing hunger grew from 4.7% to 10.1%. In their groundbreaking study *Causes, Consequences, and Future of Senior Hunger in America*, James P. Ziliak and Craig Gunderson estimate that at least five million older Americans are at

risk of hunger, and that this number will only increase. Their study can be downloaded at <http://216.235.203.153/Document.Doc?id=13>. In addition, older Americans are not enrolling in available SNAP/food assistance programs that can help pay for groceries. USDA estimates that only 34% of eligible older Americans are participating in SNAP compared to nearly 2/3 of the non-elderly population.

Yet these alarming statistics have not been widely disseminated in our community. There are few Latino anti-hunger initiatives, and little has been undertaken to meet this challenge...until NO+HAMBRE.



# NO+mas HAMBRE

## Help Someone Get the Food They Need – It's a SNAP!

### The Problem

An estimated 3.6 million people aged 65 and over live in poverty in the United States. Most of these people could be receiving food assistance. But only 34 % of eligible older Americans get that food assistance. An estimated 29.4% of Latinos face hunger. Yet just over half (56%) of eligible Latino households participate in SNAP. That leaves millions of food-aid dollars untouched. The most common reason? People don't realize they're eligible!

### The Solution

Food assistance programs like SNAP (formerly the Food Stamp Program). By helping a friend or neighbor access these benefits, you'll help them improve their health – by easing the anxiety that comes with financial stress and helping them get the money they need to make healthier food choices. And the healthier your friends and neighbors are, the more likely they will be able to take care of their daily needs and live independently.

### AARP Benefits QuickLINK

AARP Benefits QuickLINK, a webpage sponsored by the AARP Foundation, has a FREE, confidential online tool that helps people determine if they are eligible for programs that help cover the costs for groceries, medicine, utilities and health care without ever entering a bank account or Social Security number. The Food Benefits section of the website focuses just on food assistance, and provides all the forms and information you need to apply for SNAP in your state. To get started, just go to [www.aarp.org/snap](http://www.aarp.org/snap).

### Time Commitment

From 15 minutes to a few hours.

### Special Considerations

None.

### Who Can Do This

Everyone can do this, as long as you have Internet access. Nothing could be more simple whether you have 5 minutes or 5 hours, allowing you to get involved in your own way, on your own time. *Compartir es Vivir* is where good people get connected to opportunities to create good, in whatever way works for them. Find fun ideas for how to create good and download a simple, easy-to-use SNAP toolkit at [www.createthegood.org/diy-toolkits](http://www.createthegood.org/diy-toolkits) or in Spanish at [www.compartiresvivir.org](http://www.compartiresvivir.org).

### Great Reasons To Do This Project

You'll be helping someone who really needs it. This is a chance to be a great neighbor and a trusted friend, and it doesn't require much time.



## What Can You Do?

### LEARN MORE ABOUT HUNGER IN THE LATINO COMMUNITY

Learn more about about SNAP:  
[www.fns.usda.gov/snap](http://www.fns.usda.gov/snap).

Download the U.S. Dept. of Agriculture Study:  
[www.ers.usda.gov/Publications/ERR83](http://www.ers.usda.gov/Publications/ERR83).

Learn more about Feeding America:  
[www.feedingamerica.org](http://www.feedingamerica.org).

Download the Hunger in America 2010 :  
<http://feedingamerica.org/faces-of-hunger/hunger-in-america-2010/hunger-report-2010.aspx>.

Download Causes, Consequences, and Future of Senior Hunger in America:  
<http://216.235.203.153/Document.Doc?id=13>.

Order the NCLR study:  
[www.nclr.org/content/publications/detail/41692](http://www.nclr.org/content/publications/detail/41692)

Check out Poverty and Aging: The Growing Problem of Hunger and Older Adults, a forum hosted by the AARP Foundation:  
[www.aarp.org/foundation](http://www.aarp.org/foundation)

### TAKE ACTION TODAY

Join Create the Good:  
[www.createthegood.org](http://www.createthegood.org) or  
[www.compartiresvivir.org](http://www.compartiresvivir.org) in Spanish.

Download a CTG SNAP DIY Toolkit:  
[www.createthegood.org/diy-toolkits](http://www.createthegood.org/diy-toolkits).

Find the SNAP Program in your state:  
[www.aarp.org/snap](http://www.aarp.org/snap)

### STAY CONNECTED TO NO+HAMBRE

For more information about NO+HAMBRE:  
[www.latinomagazine.com](http://www.latinomagazine.com)

# LATINO

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