



Hunger in the Washington Metro Area

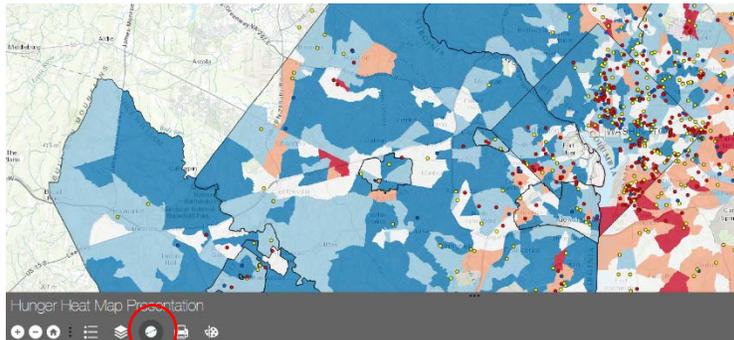
1. Hunger affects every single neighborhood in the Washington metro area. 700,000 people don't have enough to eat.
2. Hunger hurts. It robs of our children of a chance to learn and it weakens immune systems and undermines health. Without education and health, good jobs are hard to get and hold.
3. The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems, chronic undernutrition, heart disease, and obesity. 540,000 people-12% of the region's population-receive food from the Capital Area Food Bank.
4. The Capital Area Food Bank's Hunger Heat Map visually represents data related to poverty and food insecurity and the food distribution efforts of the CAFB and its nearly 500 non-profit community partners.
5. Food insecurity is the technical term used to represent hunger. Food insecurity is defined as chronic lack of access to sufficient nutritious food.
6. We know that food insecure individuals are able to secure 85% of food needed and have difficulty obtaining food 15% of the time. The average person eats 1,300 pounds of food in a year, suggesting that 210 pounds of food are needed per food insecure person to close the hunger gap.
7. By combining data on the number of food insecure individuals and the pounds of food distributed through the Capital Area Food Bank's network, the Hunger Heat Map shows us the need for additional food assistance, with red areas needing the most additional assistance and blue areas needing the least.
8. Within our neighborhood, there are _____ food insecure residents and _____ pounds of food are needed to close the hunger gap.*
9. _____ community partners in our neighborhood are working to end hunger. The closest partner is _____.*
10. There are a number of ways we can take action to solve hunger in our community.
 - a. *3 people can sort 1,500 pounds of food in a morning.*
 - i. **To volunteer:** capitalareafoodbank.org/volunteer
 - b. *For the cost of a coffee you can provide breakfast to 10 children.*
 - i. **To donate:** capitalareafoodbank.org/give/donate-food/ OR capitalareafoodbank.org/give/donate-funds/
 - c. *You can spread the word about hunger needs every time you tweet, post, or share.*
 - i. **To raise awareness:** Facebook- www.facebook.com/CapitalAreaFoodBank; Twitter- @foodbankmetrodc; Instagram-@capitalareafoodbank

*See instructions for using the Hunger Heat Map's location tool on the following page.

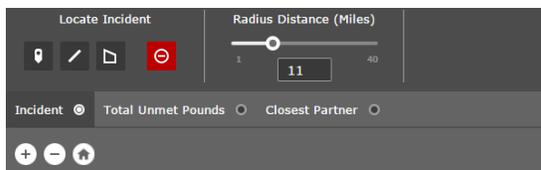


Using the Hunger Heat Map's Location Tool

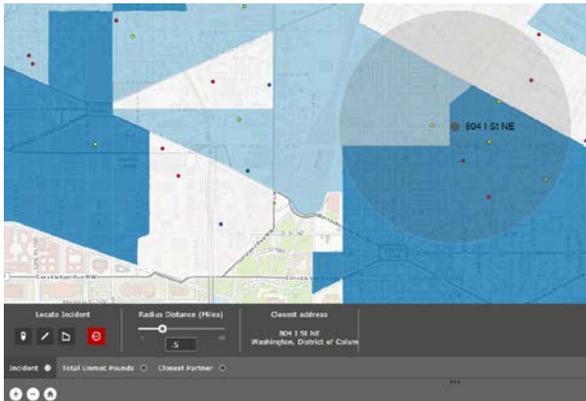
1. Select "radius summary" in the bottom toolbar.



2. Pinpoint your address or draw the boundaries of your neighborhood using the icons under "locate incident." Use the + - icons or double click to zoom in or out of the map.



3. If using your street address, set the distance in miles around your address for which you would like to pull data. To specify a radius of less than one mile, for instance half a mile, type ".5."



4. Select "Total Unmet Pounds" or "Closest Partner" to receive information about the area you specified.



5. Click the red button to clear the location information.