



# Temple Beth Hillel

## Sunday Morning Bagel Brunch

April 10, 2016  
10:15 a.m. - Noon

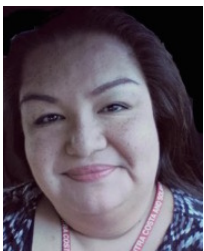
### ***What is it Like to Go to Bed Hungry?*** ***The Reality of Food Insecurity in Contra Costa County*** **Discussion and Training led by Karen Sanchez**

Americans struggle every day with food insecurity. According to a 2015 report in the *Guardian*, "One child out of every five in the United States is fighting to learn, grow and prosper while combatting the gnawing stress of hunger." In fact, families with children make up nearly half of all households coping with this daily reality. And while most of us have never had to experience a lack of food on the table, hunger is right here with us . . . in Contra Costa County.

\***CalFresh** (formerly known as Food Stamps) is a federally funded support program that provides monthly benefits to assist low-income families in purchasing food they need. However, according to current USDA reports, Contra Costa County as a whole has only a 49% participation rate in the CalFresh program. For whatever reason, 51%--or over half those who qualify (mostly children and seniors)--have not signed up for this vital food subsidy program.

The Food Bank of Contra Costa & Solano has set a goal of enrolling at least 7,000 new individuals in CalFresh. **Karen Sanchez** is a member of a small team of CalFresh Outreach Coordinators who works directly with the community. Join her for an informative overview of food insecurity in Contra Costa, and an educational training session helping individuals enroll in this critical program. All it takes is a commitment, a simple one-page in-take form, and a table at an event where potentially eligible people gather.

***As members of the Faith Community, we can continue our dedication to the Temple's Food for Thought program by taking this opportunity to learn the process of signing up at least one more individual for the CalFresh Program.***



***Karen Sanchez, CalFresh Outreach Coordinator for the Food Bank of Contra Costa and Solano, adds another dimension to Temple Beth Hillel's Social Action Committee and Food for Thought, a program committed to aiding some of the poorest West Contra Costa school students during the winter holiday break when federally funded school lunches***

***are less accessible. Working directly with some of the district's poorest schools, 125 or more students and their families have received a seven-day supply of fresh fruit, vegetables and canned goods.***



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***Open to the Community - \$5 suggested donation***