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.