

**FOOD LIFELINE SERVES
OVER 755,000 PEOPLE
EVERY YEAR**



**FOOD
LIFELINE**

MEMBER OF
**FEEDING
AMERICA**

For the full report visit
foodlifeline.org/hungerinamerica



SOLVING ANY PROBLEM, especially one as complex as hunger, requires relevant data, constant improvement, and evaluation. Here at Food Lifeline research is an important tool to help us end hunger in Western Washington. When you join our efforts through volunteering, donating or speaking out about hunger, rest assured that we are using the latest hunger data to drive our work.

Research keeps us relevant, research informs decision makers and most importantly research helps our member agencies better equip themselves to feed people who are hungry.

HUNGER IN AMERICA

WESTERN WASHINGTON
2014 REPORT

THE HUNGER IN AMERICA STUDY takes place every four years, giving us a comprehensive picture of the programs we work with and the individuals they serve. In 2013 we surveyed those agencies and clients to find out who they are, the challenges they're facing, and how they're coping.

WE FOUND AN INCREDIBLE STORY OF AGENCIES WORKING TO SUPPORT THE CLIENTS THEY SERVE, AND CLIENTS WHO ARE SMART AND TENACIOUS IN MANAGING THE DIFFICULT SITUATIONS THEY FIND THEMSELVES IN.



**FOOD
LIFELINE**



HEALTH & WELL-BEING

HEALTH CHALLENGES FACING PEOPLE USING FOOD PROGRAMS

HALF OF FOOD LIFELINE CLIENT HOUSEHOLDS HAVE SOMEONE WITH DIABETES OR HIGH BLOOD PRESSURE



CLIENTS KNOW THAT FRESH FRUITS AND VEGETABLES CAN HELP ADDRESS THESE HEALTH CHALLENGES:

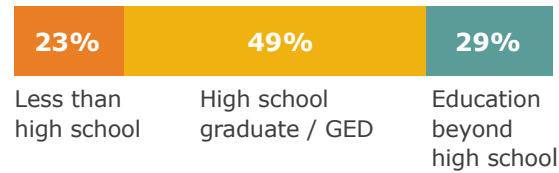
45% WANT MORE OF THESE THAN THEY GET NOW

Chronic diseases require expensive medication and special diets. **More than half of all client households have unpaid medical bills.**

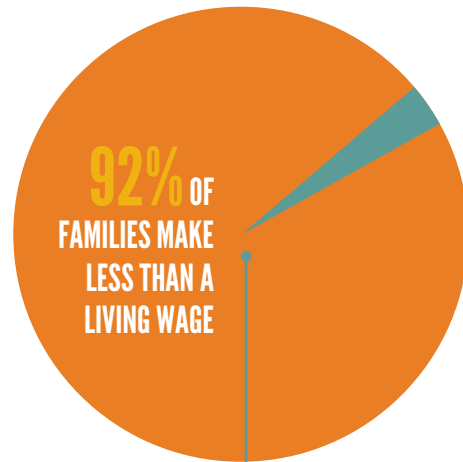
In the last year, 70% of households had to choose between medicine and food.

EMPLOYMENT & EDUCATION

JOB, INCOME, AND SCHOOLING TRENDS AMONG PEOPLE USING FOOD PROGRAMS



More than half who are working can only find part time work, and it's not enough to make ends meet. 71% of households have someone who worked in the last year.



FOR A FAMILY OF 3 THAT'S \$36,000 A YEAR*

* MIT Living Wage Calculator

DIFFICULT DECISIONS

COPING STRATEGIES FAMILIES AND INDIVIDUALS USE WHEN LIFE GETS HARD

Each of us has a monthly budget including utilities, housing, transportation, food, and other items. What if you didn't have enough money to pay for all of it?

More than 3 out of 4 households had to decide between paying their utility bill and buying food – they face similar decisions about paying for housing and transportation.

Despite these challenges, clients are finding creative ways to help keep their families above water. They use a number of coping strategies including:



57% receive help from friends and family



89% purchase unhealthy food because it is more affordable



36% grow their own food

CLIENTS ARE TENACIOUS.

70% USE 3 OR MORE COPING STRATEGIES IN THEIR STRUGGLE TO MAKE ENDS MEET

THE FOOD PROGRAM LANDSCAPE

THE STORY OF OUR AGENCIES AND THE WORK THEY DO

OUR AGENCIES HELP PEOPLE STAY ON THEIR FEET DURING CHALLENGING TIMES
50% OF CLIENTS USE FOOD BANKS LESS THAN 7 MONTHS OF THE YEAR

Food programs provide more than just food, they link clients with the resources they need to improve their lives. 50% of clients use food banks less than 7 months of the year.

Food Lifeline is working hard to provide healthy and fresh food to our agencies so they can use their resources wisely – 66% of agencies said losing food from Food Lifeline would have a major negative effect on their ability to serve clients.

DID YOU KNOW?

OUR MEMBER AGENCIES INCLUDE 275 FOOD BANKS, MEAL PROGRAMS, AND SHELTERS ACROSS WESTERN WASHINGTON

