



Intersection of Hunger and Health

Who We Are:

- **Mission: We feed hungry people today and work to end hunger tomorrow.**
- As a food bank, Harvesters acquires, stores, and distributes food and personal care items to its network of 760 partners across 26 counties in northeast Kansas and northwest Missouri
- Four initiatives: Feeding Children, Feeding Seniors, Feeding Families, and Healthy Eating

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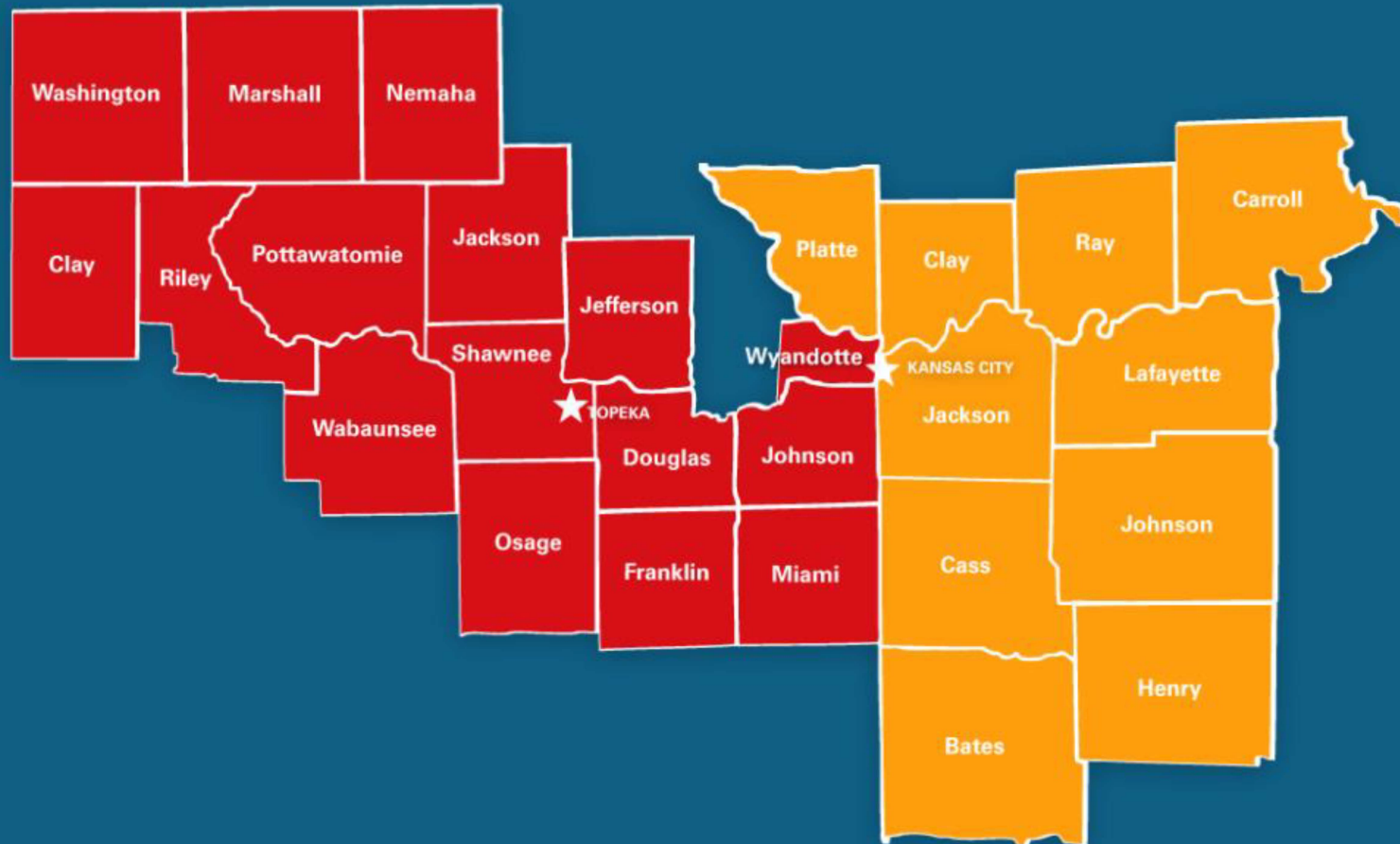
In Harvesters' 26-county service area:

**1 in 8 people
are at risk of hunger.**

That's 12.4% of the population or 323,660 individuals.

**1 in 6 kids
are at risk of hunger.**

That's 16% of the child population or 99,360 children.



To see how hunger impacts your county in 2021, and how that has changed since 2019, see [Feeding America's interactive food-insecurity map](#).

Who We Serve:

- Agency Network
 - Pantries
 - Kitchens
 - On-site meals programs
- Mobile Food Pantry Distributions
- Senior Mobile Food Pantry Distributions
- CSFP and TEFAP
- SNAP Outreach
- Nutrition Services



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Who We Serve:

- Kids Café
 - After-school meals
 - Summer meals
 - Works well in clinical settings
- BackSnack
 - Weekend packs
 - School-year and summer
- School Pantry



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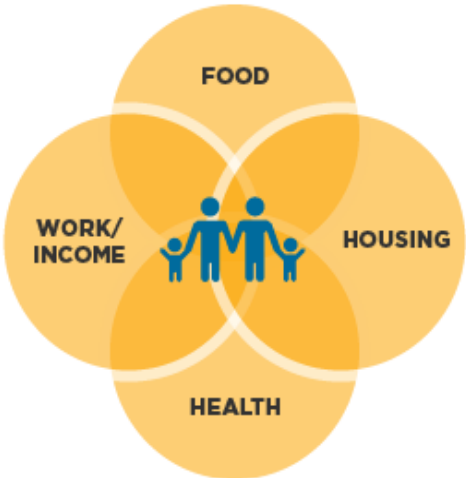
Why is Harvesters focusing on health?

Food Insecurity is a Complex Problem

Primary Drivers of Food Insecurity



Needs don't exist in isolation and families are making tough tradeoffs to meet basic needs

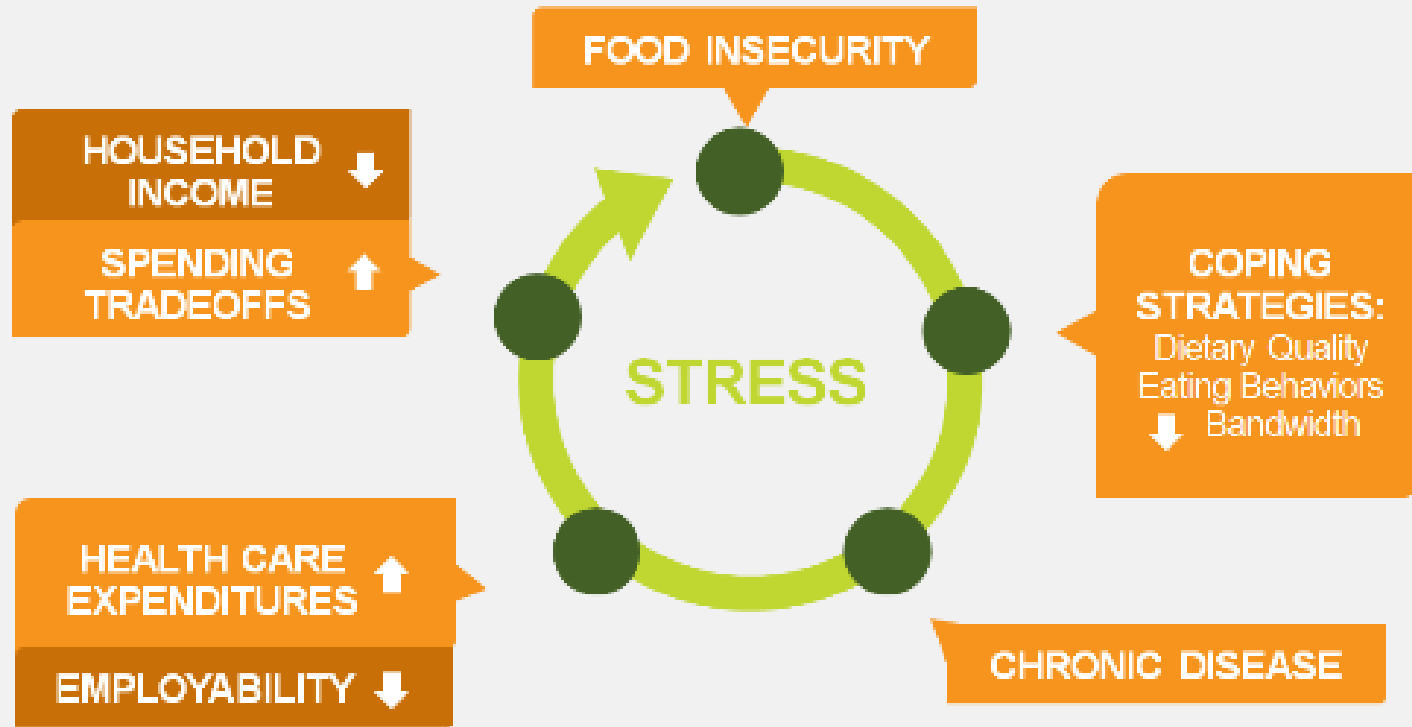


Graphic: [Collective Impact and Community Change](#), Feeding America, 2018.



Impact to Family Wellness and Stability

Food Insecurity & Chronic Disease



Graphic: Feeding America, 2018.



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Hunger and Health

62% of households visiting a food pantry report at least one member with hypertension



37% of households visiting a food pantry report at least one member with diabetes



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Harvesters' Response to the Need:

- **Healthcare settings:**
 - Emerging, strategic partnerships
 - Multiple entry points with various levels of intervention:
 - Screen and intervene
 - SNAP outreach
 - Kids Café
 - Prescriptive pantries
 - Diabetes interventions
 - Pop-up produce distributions



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Screen and Intervene

Hunger Vital Signs

validated screenings questions

“Within the past 12 months, we worried whether our food would run out before we got money to buy more.”

“Within the past 12 months, the food we bought didn't last and we didn't have money to buy more.”



Rx 

NUTRITION PRESCRIPTION:

PATIENT: _____

COMMENTS: _____ DATE: _____

Hunger is a health issue. Harvesters can help!

To find a food pantry, meal site or mobile food distribution near you, visit www.harvesters.org. Click on "Get Help" and enter your zip code. Or call toll-free at 877-653-9519.

To speak with someone about SNAP (food stamps), call toll-free 877-653-9522, or email SNAP@harvesters.org.

For assistance with other needs, like housing and utilities, please call 211 or visit www.211.org.

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3801 Topping Avenue, Kansas City, MO 64129
215 SE Quincy, Topeka, KS 66603

This institution is an equal opportunity provider.



Need help buying food?
FOOD STAMPS CAN HELP!

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Find out if you qualify
877.653.9522



Healthy Pantry Staples Kits

- Pre-packed healthy kits
- Shelf-stable items
- Menu developed to support healthy diets to manage diabetes or hypertension



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Pop-Up Produce Distributions



- Produce
- SNAP Outreach
- WIC Outreach
- Recipes
- Nutrition demos

Clay County Public Health



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Pop-up Produce Distributions



Kansas City VA Honor Annex



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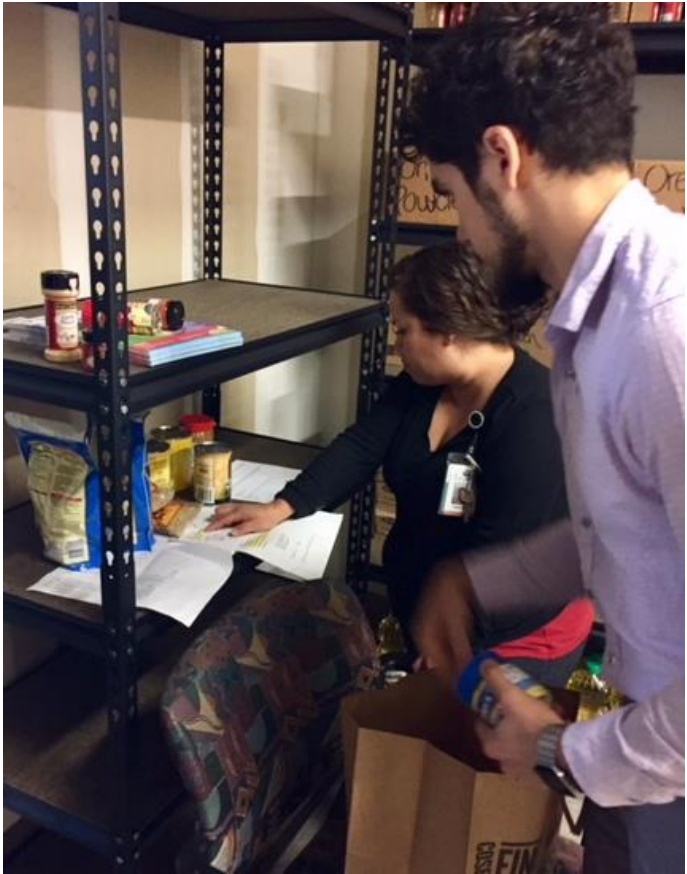
Nutrition Nudges

“Making the *healthy* choice the *easy* choice.”

- Product Placement (order, display, grouping)
- Shelf tags
- Recipes and demos



Prescriptive Pantry: Samuel Rodgers Health Center



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Hunger and Health

- Hunger is a solvable social determinant of health.
- Practical interventions in community and clinical settings.
- People are making brave choices every day to meet basic needs. All of this impacts one's mental and physical health.
- Food and nutrition as part of the overall care plan.
- Emergency food assistance today, plus addressing root causes (systems work).



Resources

- Harvesters: www.harvesters.org
- Feeding America: www.feedingamerica.org
 - Tool: [Map the Meal Gap](#)
 - Report: [Health Implications of Food Insecurity](#)
 - Tool: [Healthcare Costs of Food Insecurity](#)
 - Hunger and Health: www.hungerandhealth.org
 - Research, case studies, infographics, guides for partnerships
- Food Research and Action Center: www.frac.org
 - [FRAC: Hunger and Health](#)
 - Toolkit for Pediatricians (AAP)
 - Research and Infographics



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Thank you!



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