



Reaching Families Forced to Make Tough Choices

Having enough food is a daily struggle for families.

Across the United States, families are struggling to put food on the table. Older Americans are forced to choose between buying food and buying medicine. And parents have to choose whether their children will go to bed without heat, or without food.

Many of these people who struggle with hunger may live right next to you. They are now facing decisions they never imagined having to make. Buy meat and vegetables or pay the electric bill? Refill prescription medication or make sure their children have nutritious foods to thrive?

Far too many families are just one paycheck or medical bill away from crisis. And when you're barely getting by, it doesn't take much to push finances beyond capacity - a sudden illness or injury, an unexpected bill, or a cutback in work hours could turn your life upside down. It's a devastating reality for countless hardworking Americans, but thanks to you — there is help and hope.

Of all families served by the Feeding America network of food banks:

69%

have had to choose between paying for **UTILITIES** and food



67%

have had to choose between paying for **TRANSPORTATION** and food



66%

have had to choose between paying for **MEDICAL CARE** and food



57%

have had to choose between paying for **HOUSING** and food



*Source: Hunger in America 2014 study

Nourishing hope for a better future.

How are families coping with hunger? They are turning to you and Feeding America. Each year, our network helps provide food to more than 46 million people facing hunger in the United States, including 12 million children and 7 million seniors. Through 200 member food banks and 60,000 food pantries and meal programs, the Feeding America network serves all 50 states, the District of Columbia and Puerto Rico.

Together, we are not only providing families with the nutritious foods they need to survive, but we are helping them get back on their feet and build a better future.



We help families access foods in each of the four food groups — fruits and vegetables, grains, protein and dairy — to promote health and wellness.



We bring food to families wherever they are through mobile pantries, used by 90% of network food banks.



We connect families with meals through Federal Nutrition Programs. An estimated 5.5 billion meals from federal programs go unutilized each year.

48 million
people face hunger
in America



Meet Gaby and her family

Gaby and her husband have three young children. Unfortunately, Gaby's husband lost his job. They rely on a mobile pantry and the Backpack program, sponsored by their local food bank, to feed their family during this time of need.

"We constantly have to make tough choices like choosing between buying diapers and paying the light bill. If it wasn't for the food bank, we would definitely have to choose between paying for utilities and buying food," says Gaby.

Each Friday, her son John comes home from school with a bag full of healthy foods that enables her to make quick, easy meals for all her children. Gaby adds: *"Without help from the food bank, I really don't know how we'd feed our children."*