

# KEY HUNGER TERMS

SOURCES (UNLESS OTHERWISE SPECIFIED):

[HTTP://WWW.BREAD.ORG/LEARN/HUNGER-BASICS/KEY-HUNGER-TERMS.HTML](http://www.bread.org/learn/hunger-basics/key-hunger-terms.html);

[HTTP://WWW.LICARES.ORG/GENERAL INFORMATION/HUNGER GLOSSARY.HTM](http://www.licare.org/general-information/hunger-glossary.htm)

**AFTER-SCHOOL SNACK PROGRAMS** - This type of program provides nutritious snacks and meals to low-income children participating in after-school programs in the United States. See Kids Cafe.

**AMERICA'S SECOND HARVEST** - The national network of food banks and food rescue organizations and the major public advocate for hunger relief in the United States. America's Second Harvest establishes and develops partnerships with major growers, processors, retailers, manufacturers, wholesalers and restaurants to encourage the donation of surplus food. A2H then directs these donations to member organizations like Long Island Cares in order to maximize the efficiency and effectiveness of the network hunger relief efforts. A2H has the prestige and influence needed to further the cause of hunger relief in America.

**CHILD NUTRITION PROGRAMS** - Five federal U.S. programs developed to ensure that children have access to enough nutritious food to grow and learn. The programs include the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Child and Adult Care Food Program, the National School Lunch Program, School Breakfast Program, and the Summer Food Service Program. At the international level there are some similar programs, such as WFP's School Feeding Programme that provides one meal a day to a child in school in the developing world.

**ELDERLY NUTRITION PROGRAMS** – United States Federal programs that provide health services and nutritious food to low-income senior citizens including meals delivered to homes or served at church.

**EMERGENCY FOOD** - Services provided to people who have no other source of food. Often community-based organizations provide food boxes or hot meals on a periodic basis. Many services use donated food and surplus commodities purchased and distributed by the federal government.

**EMERGENCY FOOD PROGRAM** - (EFP's) distribute donated food items to hungry people through avenues such as shelters, soup kitchens and food pantries. Such programs typically are run by private, nonprofit community organizations. An EFP is differentiated from other programs where food is distributed, but not on an emergency basis, such as day care centers and group homes.

**FOOD BANK** – A charitable organization that solicits, receives, inventories, stores and distributes food and grocery products from various sources. Food banks are most common in the United States. A food bank may purchase food from funds provided by government agencies or charitable grants, or it may receive food donated by manufacturers, retailers, or individuals. The food bank is responsible for ensuring that all food and grocery products that it receives and distributes comply with industry and regulatory standards. These products are distributed to charitable human service agencies, which provide the products directly to clients.

**FOOD FOR WORK (WFP):** A WFP program where workers are paid not with money but with food rations to build vital new infrastructure that will increase the food security of households or communities in the developing world.

**FOOD INSECURITY** – The limited or uncertain availability or ability to acquire safe, nutritious food in a socially acceptable way. People living in households that are food insecure do not always know how to provide for their next meal and are often forced to cut back on meals or food portions to stretch resources. Food insecurity is measured differently around the globe. For example a food insecure household in the U.S. may have more food access to its counterpart in Sub-Saharan Africa.

**FOOD PANTRY** – A nonprofit organization (typically small in size), such as religious institutions or social service agencies, that receives donated food items and distributes them to hungry people for preparation at home. By contrast, a soup kitchen prepares and serves meals to their clients. This type of program is most common in the United States.

**FOOD RESCUE ORGANIZATION** - As differentiated from a food bank that handles warehoused foods and grocery products, a food rescue organization specializes in soliciting donations of leftover perishable food from restaurants, catering halls, and the like, and delivering this food immediately to emergency food programs. Unlike food banks which must deal with the logistic management of bulk inventories, a food rescue organization is likely to consist of a dedicated corps of volunteers who use their own vehicles to make food pick ups and deliveries in the same day.

**FOOD SECURITY** – Assured access to enough nutritious food to sustain an active and healthy life, including: food availability (adequate food supply); food access (people can get to food); and appropriate food use (the body's absorption of essential nutrients).

**FOOD STAMP PROGRAM** - The United States federal Food Stamp Program serves as the first line of defense against hunger. It enables low-income families to buy nutritious food with Electronic Benefits Transfer (EBT) cards. Food stamp

recipients are able to buy eligible food items in authorized retail food stores. The program is the cornerstone of the federal food assistance programs and provides crucial support to low-income households and those making the transition from welfare to work. It has been criticized, however, for being under funded, inadequate in terms of benefits offered, and ineffective in reaching and including all of the low-income people at risk of hunger. Hunger relief organizations like Long Island Cares help to make up the shortfall.

**HUNGER** – A condition in which people do not get enough food to provide the nutrients for fully productive, active and healthy lives. People living in households where there is hunger are often forced to go without food because they cannot afford to buy it or cannot provide enough for everyone in the household.

**HUNGER RELIEF ORGANIZATION** - A general term that can be applied to any charitable organization whose mission involves dealing with the immediate effects and underlying causes of hunger. America's Second Harvest, and agencies like food pantries and soup kitchens can all be termed hunger relief organizations. The World Food Programme is one of America's Second Harvest counterparts at the international level.

**KIDS CAFE** - Kids Cafe is an after-school and summer meal program that provides nutritious snacks and meals to children ages 5-18 who are at risk for hunger. Kids Cafe programs often supplement food assistance with nutrition education activities as well as homework help, mentoring, and recreational opportunities.

**KWASHIORKOR**- malnutrition causes swelling including a so-called 'moon face'. This is commonly present during food emergencies in the developing world.

**MALNUTRITION/ UNDERNUTRITION** – A condition resulting from inadequate consumption or excessive consumption of one or more nutrients that can impair mental and physical health, and cause or be the consequence of infectious disease. In this state, the physical function of an individual is impaired to the point where he or she can no longer maintain natural bodily capacities such as growth, pregnancy, lactation, learning abilities, physical work and resisting and recovering from disease. The term covers a range of problems from being dangerously thin (see Underweight) or too short (see Stunting) for one's age to being deficient in vitamins and minerals or being too fat (obese). Malnutrition is measured not by how much food is eaten but by physical measurements of the body - weight or height - and age (see Stunting, Wasting, Underweight). (source: <http://www.solcomhouse.com/hunger.htm>)

**MARASMUS**- caused by a lack of protein and energy with sufferers appearing skeletally thin. This is commonly present during food emergencies in the developing world.

## **McGOVERN-DOLE PROGRAM INTERNATIONAL FOOD FOR EDUCATION**

**AND CHILD NUTRITION PROGRAM-** This U.S. federally sponsored program fights child hunger and poverty internationally by supporting school feeding operations, which provide nutritious meals to children in schools. This simple formula has proven to be a success – school feeding works and the results speak for themselves. It promotes education and U.S. national security and economic interests. The Farm Bill provides the opportunity to expand and strengthen this important Program.

**OBESITY** - An abnormal accumulation of body fat that may result in health impairments. Obesity is generally defined by the National Institutes of Health as having body weight that is more than 20% above the high range for ideal body weight. An obese person can experience malnutrition if obesity has resulted from dealing with food insecurity by relying on less expensive, less nutritious, high-calorie foods to stave off the sensation of hunger.

**SCHOOL LUNCH AND BREAKFAST PROGRAMS** - These programs are federally assisted meal programs operating in public and nonprofit private schools and residential child care institutions. They provide nutritionally balanced, low-cost or free meals to children each school day.

**SCHOOL FEEDING PROGRAMME (WFP):** WFP school meals encourage hungry children in the developing world to attend school and help them concentrate on their studies. WFP's school feeding formula is simple: food attracts hungry children to school. An education broadens their options, helping to lift them out of poverty.  
(Source: [www.wfp.org](http://www.wfp.org))

**SOUP KITCHEN** - A nonprofit organization (typically small in size), such as religious institutions or social service agencies, that receives donated food items and provides prepared meals served in a local agency kitchen for hungry people. By contrast, a food pantry does not serve prepared meals.

**SUMMER FOOD SERVICE PROGRAM** - The SFSP provides reimbursements to schools, local government agencies and community-based organizations for meals and snacks served to children during the summer months, when school is out and lunches are not provided to hungry school-age students. Geared toward low-income children, the SFSP is the single largest federal resource available for local sponsors who want to combine a feeding program with a summer activity program.

**SUPPLEMENTAL FOOD PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)** - Another program that is much better known as an acronym,

WIC serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. WIC is administered by the Food and Nutrition Service (FNS), a sub-agency of the U.S. Department of Agriculture.

**STUNTING**- Reflects shortness-for-age; an indicator of chronic malnutrition and calculated by comparing the height-for-age of a child with a reference population of well nourished and healthy children. According to the Food and Agriculture Organization's 2004 report on Food Insecurity, almost one third of all children are stunted (source: <http://www.solcomhouse.com/hunger.htm>)

**THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP)** - Under TEFAP, commodity foods are made available by the U.S. Department of Agriculture to States. States provide the food to local agencies that they have selected, usually food banks, which in turn, distribute the food to soup kitchens and food pantries that directly serve the public. Each state sets criteria for determining what households are eligible to receive food for home consumption. Income standards may, at the state's discretion, be met through participation in other existing federal, state, or local food, health, or welfare programs for which eligibility is based on income.

**UNDERNOURISHMENT**- describes the status of people whose food intake does not include enough calories (energy) to meet minimum physiological needs. The term is a measure of a country's ability to gain access to food and is normally derived from Food Balance Sheets prepared by the UN Food and Agriculture Organization (FAO). (source: <http://www.solcomhouse.com/hunger.htm>)

**UNDERNUTRITION** – A condition resulting from inadequate consumption of calories, protein and/or nutrients to meet the basic physical requirements for an active and healthy life.

**UNDERWEIGHT**: measured by comparing the weight-for-age of a child with a reference population of well nourished and healthy children. (source: <http://www.solcomhouse.com/hunger.htm>)

**WASTING**- reflects a recent and severe process that has led to substantial weight loss, usually associated with starvation and/or disease. Calculated by comparing weight-for-height of a child with a reference population of well nourished and healthy children. Often used to assess the severity of emergencies because it is strongly related to mortality. (source: <http://www.solcomhouse.com/hunger.htm>)