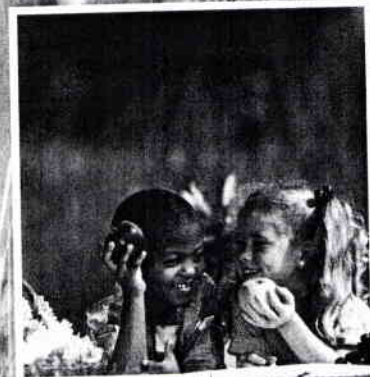
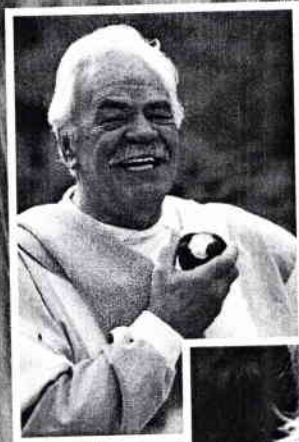


Nutrition & Food Security in Lancaster County



Pennsylvania is a diverse state with its share of difficult problems to solve. **Hunger and food insecurity** are two of those problems.

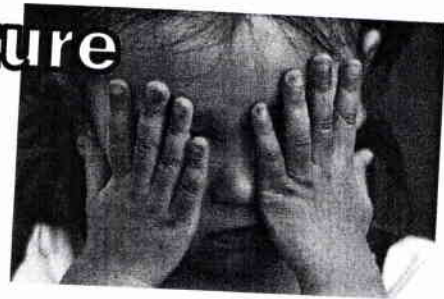
Pennsylvania is also a state with **strong traditions** related to agriculture, good food and helping our neighbors in times of need. These traditions have enabled our state to become a **national leader** in developing practical and effective ways of addressing the problems of hunger and food insecurity.

This booklet collects those practical solutions and provides information about their impact at a county level. It enables readers from **Lancaster County** to compare their county's utilization with similar counties and identify gaps in service.

The Big Picture

Food Insecurity:

People who frequently worry about the source of their next meal and seek help from food pantries or family members are food insecure. Their diets often lack nutritional balance.



Food Insecurity With Hunger:

People who on a recurrent basis go without eating because of a lack of resources are food insecure with hunger.

	PA	US
% of Households Food-Insecure ¹ :	9.8%	11%
% Food-Insecure With Hunger:	2.9%	3.9%

Poverty In 2005²

	Lancaster	PA	US
Individuals:	43,330	1,425,518	38,231,474
Percent:	9.1%	11.9%	13.3%
Children:	17,558	467,562	13,008,489
Percent:	14.1%	16.7%	18.2%
Seniors:	4,210	156,147	3,451,340
Percent:	6.7%	8.9%	9.9%

Poverty

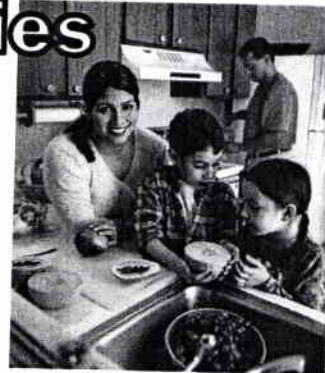
According to the 2007 U.S. Department of Health & Human Services' federal guidelines, the poverty line for a family of four is \$20,650.

¹ Household Food Security in the United States, 2005, United States Department of Agriculture.
² 2005 American Community Survey, United States Census Bureau.

Getting Groceries

Food Stamp Program

Thanks to creative and efficient food marketing and distribution by the private sector, most of us have access to the food we need at virtually all times and all places. Through the Food Stamp Program, this same food distribution system serves low-income households and meets their nutritional needs.



	Lancaster	Mixed Urban Average ³
Monthly Individuals Enrolled ¹ :	29,697	N/A
Monthly Value of Food Stamps ² :	\$2,859,610	N/A
Participation Rate by People in Poverty:	68.5%	88.5%



More than 2 in 4 eligible low-income people participate in the FSP in this county.

48 counties in the Commonwealth serve a higher percentage of their poverty population through the FSP than does this county.



Within the past five years, FSP enrollment has grown fastest in York, Cumberland, Juniata and Lancaster counties.

¹ Food Stamp Participating Households and Persons by County, December 2006, Pennsylvania Department of Agriculture.

² Value of Food Stamp Coupons Issued, December 2006, Pennsylvania Department of Agriculture.

³ Counties are divided into four groups: Urban, Mixed Urban, Suburban, and Rural. Urban includes Philadelphia and Allegheny. Mixed Urban includes Beaver, Berks, Blair, Cambria, Centre, Dauphin, Erie, Lackawanna, Lancaster, Lehigh, Luzerne, Lycoming, Mercer, Northampton, Washington, Westmoreland, and York. Suburban includes Bucks, Chester, Cumberland, Delaware, and Montgomery. Rural includes all other counties.

Feeding Children

National School Lunch Program (NSLP) School Breakfast Program (SBP)

Nutritious school meals enable school children to stay alert, remain healthy and take maximum advantage of their educational opportunities.

Children who skip regular meals and snack instead are more likely to consume too much sugar and fat and to become overweight.



School District	NSLP Average Daily Participation (ADP) ¹	SBP ADP	SBP to NSLP Ratio
COCALICO School District	2,366	0	0.00%
COLUMBIA BOROUGH School District	1,039	246	23.68%
CONESTOGA VALLEY School District	2,521	0	0.00%
DONEGAL School District	1,767	75	4.24%
EASTERN LANCASTER COUNTY School District	2,189	319	14.57%
ELIZABETHTOWN AREA School District	2,131	0	0.00%
EPHRATA AREA School District	2,540	105	4.13%
HEMPFIELD School District	4,483	585	13.05%
LA ACADEMIA: THE PARTNERSHIP CS	74	21	28.38%
LAMPETER-STRASBURG School District	1,771	63	3.56%
LANCASTER CO CTC	496	0	0.00%
LANCASTER School District	7,067	2,221	31.43%
MANHEIM CENTRAL School District	2,126	241	11.34%
MANHEIM TOWNSHIP School District	2,352	0	0.00%
PENN MANOR School District	3,139	363	11.76%
PEQUEA VALLEY School District	1,199	200	16.68%
SOLANCO School District	2,378	191	8.03%
WARWICK School District	2,698	156	5.78%

Legend

Superior	Those schools in mixed urban counties with a SBP to NSLP Ratio above 50%.
Good	Those schools in mixed urban counties with a SBP to NSLP Ratio 26 - 50%.
Average	Those schools in mixed urban counties that's SBP to NSLP Ratio is 15 - 25%.
Deficient	Those schools in mixed urban counties that's SBP to NSLP Ratio is under 15%.



This county has 19,072 school children that qualify for free and reduced-price school meals. Only about 18% of them participate in the School Breakfast Program.

¹ Prepared by Pennsylvania Hunger Action with data from the Pennsylvania Department of Education, 2005-06.

Summer Food Service Program (SFSP)

Summer time can be hungry time for low-income children. Their families' budgets just can not stretch far enough to absorb the cost of the meals the children usually eat at school.



Rural Pilot:

Rural children have it especially tough because their communities usually do not have a summer feeding program. In 2004, Congress created a Summer Pilot just for Pennsylvania to close this gap in service. Over two summers, this Pilot resulted in a 13% increase in meals served to rural children.

Current SFSP Sponsors Serving this County¹:

Black Rock Retreat
Boys & Girls Club of Lancaster, Inc.
Lancaster Recreation Commission



Child and Adult Care Food Program (CACFP)

Home-based and center-based child care providers may receive reimbursement for the meals they serve the children in their care – but only if the meals are healthy! Home-based providers gain access to the CACFP through a CACFP sponsor. The current CACFP sponsors serving this county are:

Child Care Consultants, Inc.
Educational Management Services of Harrisburg
First Step to Nutrition, Inc.
Lehigh Valley Child Care, Inc.

¹ Pennsylvania Department of Education, 2006. Sponsors located in other counties may have sites in this county.

Emergency Food

The Emergency Food Assistance Program (TEFAP) State Food Purchase Program (SFPP)

Local food pantries and kitchens are the last line of defense against hunger.

Pennsylvania has around 500,000 households at risk of hunger; thanks in part to these private charities, the number experiencing hunger is much lower - around 150,000.



TEFAP and the SFPP support this private charitable network. TEFAP is federally-funded and distributes food commodities; the SFPP is state-funded and enables counties to buy food, which the pantries and kitchens use in helping prevent hunger.

	Lancaster	PA
TEFAP 05-06 Funding ¹ :	\$276,022	\$10,151,420
SFPP 06-07 Funding:	\$521,550	\$18,750,000

Each food pantry served an average of 139 households in October of 2006. While this figure was down 1% from 2005, it is still 7% higher than it was five years ago.²



Federal Emergency Management Agency (FEMA) Funds

These funds are awarded to counties to help meet emergency food and shelter needs.

	Lancaster	PA
Amount ³ :	\$205,200	\$6,057,751
% Spent on Food:	0%	22%

¹ Pennsylvania Department of Agriculture, 2006.

² Pantry Study, Pennsylvania Hunger Action Center, October 2006.

³ United Way of Pennsylvania, 2007.

Nutrition Programs

Women, Infants, and Children (WIC)

One-half of the babies born in the U.S. participate in WIC. It is highly effective in providing essential nutrients and getting newborns off to a healthy start in life. Insofar as it has funding, it also provides nutrition education to mothers.



	Lancaster	Mixed Urban
Monthly Individuals Enrolled ¹ :	8,878	N/A
Monthly Value of WIC Coupons:	\$504,981	N/A
% of Estimated Eligible People Participating Monthly:	70%	85%



Farmers Market Nutrition Program

Good health requires good food, especially more fresh produce. The FMNP provides four \$5 checks to each participant for use at a local farmers' market.

	Lancaster
Estimated Senior Participation ² :	11,500
Total Coupon Value:	\$230,000
Estimated WIC Participation:	1,108
Total Coupon Value:	\$22,164

Commodity Supplemental Food Program (CSFP)

Currently around 14,000 low-income seniors receive a monthly food box containing federal commodities. This is particularly important to home-bound seniors who cannot go out to buy groceries.

Organization that Administers CSFP³: CSFP not yet available in this county.

Participation:

Funding:

¹ Pennsylvania Department of Health, 2006.

² Pennsylvania Department of Agriculture, 2006.

³ Pennsylvania Association of Regional Food Banks, 2007.

Keeping the Tradition Alive

Pennsylvania has a long and bipartisan commitment to access for everyone to enough healthy food for an active and healthy life.

As our economy changes, this tradition is tested in new ways. Our current challenge is the stagnation of wages at the lower end of the pay scale coupled with a rapid rise in energy, housing and health-related costs. This has left many families short on groceries. Other families are just one paycheck or one unexpected expense away from hunger.

A second challenge has to do with public health. Low-income Pennsylvanians are at increased risk of chronic disease due to their inability to buy healthy foods.

The biblical text of *Deuteronomy* acknowledges that "the poor will always be with you" but goes on to encourage readers to be "open-handed with your countrymen, both poor and distressed, in your land." May it be so with us in our Commonwealth of Pennsylvania.



The **Pennsylvania Hunger Action Center** is a statewide organization committed to ending hunger and improving food security. Founded in 1978, it has played a role in the launch and development of nearly every public food and nutrition program described in this booklet. Its current activities include child nutrition promotion, nutrition education, public policy advocacy, food stamp outreach, and technical assistance to local anti-hunger groups.

March 2007



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