

**Hunger isn't just a COVID-era problem. And we cannot solve it without the collective action and continued support of our community.** The causes of food insecurity are deep and pervasive: a high cost of living, lack of social safety nets, systemic racism and other inequities all combine to make affording groceries a difficult prospect for many. We hosted listening sessions ahead of the White House Conference on Hunger, Nutrition, and Health to hear from community partners about what the federal government must do to address hunger. The responses were clear. Our policies must address the high cost of housing, rising inflation, low wages, unaffordable health care, racism and other institutionalized discrimination. One attendee summed it up: "people need more freedom to enjoy a life where they're not worried about the basics."

## The Cost of Hunger

Unfortunately, people are worried about the basics. In a recent survey of 6,000 Food Bank participants, 40% report living with two or more households under one roof, and 79% often or sometimes worry about running out of food. The situation is even more dire for parents: 82% of households with children sometimes or often worried about running out of food.

Our system is broken. Yes, the financial toll of the pandemic and rising inflation has hurt our community, but the roots of hunger are far deeper. Before the pandemic, a San Francisco family of four needed to earn \$110,948 a year to meet their basic needs, but two full-time minimum-wage jobs only added up to \$58,240\*. That disparity is even more stark now. Between 2018 to 2021, the cost of basic expenses rose 19%. Now a family of four needs an annual income of at least \$153,227 to pay for basic expenses – even at 500% of the federal poverty level, some families are struggling\*\*.

Something has to give.

## A Community for Change

### Hunger IS solvable.

But it will take all of us to drive the local and systemic change we need: individuals, community partners, and policy makers. Together, we ensure our neighbors don't have to choose between paying for rent, utilities, medicine, or food. Together, we work to protect key safety nets like SNAP (CalFresh in CA) and confront the root causes of hunger. Together, we must take concrete and tangible action.

**Together, we can end hunger in San Francisco and Marin.**

\*Source: California Budget & Policy Center Making Ends Meet Report and Walletwise Worldwide Rental Price Index report

\*\*Source: SF Department of Children Youth & Their Families Community Needs Assessment



### LAST YEAR

Distributed enough food for **154,000 meals every day**, totalling **67M LBS of food**

Facilitated **4,800 CalFresh (food stamps) applications** and recertifications, helping participants earn an estimated **\$10,000,000** in benefits

Partnered with **350 community-based organizations**

Distributed food to **53,000 households** weekly through **231 pantries**, primarily run by partners

Provided home-delivered groceries to **13,000+ seniors and people with disabilities**



### OUR COMMUNITY PARTNERS:

[HTTPS://WWW.SFMFOODBANK.ORG/COMMUNITY-PARTNERS/](https://www.sfmfoodbank.org/community-partners/)

What we learned from surveying nearly 6,000 Food Bank participants:

## Food Insecurity, Housing, and Family Responsibilities



### FOOD INSECURITY

**79%**  
**SOMETIMES OR OFTEN WORRIES**  
 ABOUT RUNNING OUT OF FOOD



### HOUSING

**40%**  
 REPORT LIVING WITH **TWO OR MORE HOUSEHOLDS**  
 AT THE SAME ADDRESS



### IMPACTS OF THE PANDEMIC

**72%**  
**HAVE NOT RECOVERED**  
 FINANCIALLY FROM THE PANDEMIC

**82%**  
 OF **PARENTS**  
 SOMETIMES OR OFTEN WORRIES  
 ABOUT RUNNING OUT OF FOOD



**69%**  
 OF **PARENTS**  
 HAVE NOT RECOVERED FINANCIALLY  
 FROM THE PANDEMIC

## The Food Bank Eases Burdens



**95% WORRY LESS** ABOUT  
 GETTING ENOUGH FOOD THANKS  
 TO THE FOOD BANK



**91% FEEL HEALTHIER**  
 THANKS TO THE FOOD BANK

### WHO ARE OUR PARTICIPANTS?

**34%** HAVE SOMEONE WITH A  
**DISABILITY** IN THEIR HOUSEHOLD

**34%** HAVE **CHILDREN** - OF THOSE,  
**41%** ARE **SINGLE PARENTS**

**5%** ARE **UNHOUSED**

### PARTICIPANTS BY RACE

