



Emergency Food Assistance Efforts in Forsyth County

Spring 2014



ACKNOWLEDGEMENTS

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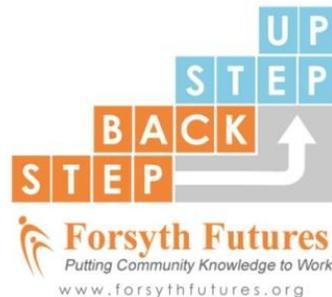
We appreciate information provided by:

Second Harvest Food Bank of Northwest North Carolina
Anthony's Plot
Bethesda Center
Crisis Control Ministry
Samaritan Ministries
Senior Services, Inc.

Thanks also to MapForsyth of Forsyth County for creating the maps to show the locations of the emergency food assistance efforts and for sharing their maps of federal data related to Forsyth County's areas of need.



Photography by Kathy Norcross Watts



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COMPENDIUM: Forsyth County Emergency Food Assistance Programs’ Distribution of Hours of Operation by Zip Code

BACKGROUND

An Initiascape© provides a map of the landscape of our community's efforts about a particular initiative. It also serves as a resource directory of those programs that are connected through a common initiative. Initiascapes© are designed to increase opportunities for collaboration and cooperation in order to more efficiently use our community's resources.

This Initiascape© study about Emergency Food Assistance is designed to help connect the community "dots" of those who provide emergency food assistance in Forsyth County.



PROCESS

In order to better understand the landscape of initiatives around emergency food assistance, Forsyth Futures conducted interviews with several providers of emergency food assistance in our community, including:

- | Second Harvest Food Bank of Northwest North Carolina
- | Crisis Control Ministry
- | Bethesda Center
- | Senior Services, Inc.
- | Samaritan Ministries

Forsyth Futures collected data from several sources and provided the information to MapForsyth to create maps to show where the emergency food assistance efforts are located in our community. The bus routes were included on the maps to provide perspective about potential accessibility to emergency food providers. The digital version of Sunday bus routes was not available for use at this time.



Donations help fill Crisis Control Ministry's pantry shelves.



Senior Services provides grocery bags of food to some seniors.

In addition to documenting the geographic locations of the emergency food providers, Forsyth Futures analyzed this data using our Initiascape© tool to view the landscape of how the various programs are connected to one another. The Initiascape© identifies the “big dots” in the landscape based on how

many connections a program has going out to other programs. The zip code boundaries were included on the maps to provide a geographic reference that could connect the map data and the Initiastape© data.

These Initiastapes© are designed to show who is providing emergency food assistance, when, to whom, and how. Seeing a picture of how our network of emergency food providers operates can illustrate potential opportunities for cooperation and collaboration that might better serve the community and may use limited resources more effectively.

There are some limitations of the data that need to be remembered:

- 1 This is all point-in-time data that can change without notice.
- 1 Even though an emergency food provider is listed as a pantry that is open on a Monday, it may have time constraints. Most are only open on certain days of the week for several hours at a time. In many cases, a person cannot receive food from the same pantry more than once or sometimes twice a month. Some locations require identification or documentation of need, while others do not.

These special circumstances illustrate why it is so important that we connect our community's dots when it comes to emergency food assistance.



The Food Bank's warehouse has food for distribution.



These plates will be filled during a monthly community meal.

RESULTS

MapForsyth generated maps with federal data for Forsyth County that help to provide a context for this study of emergency food assistance. The maps show the location of different measures of “need” in Forsyth County.

Figure 1.

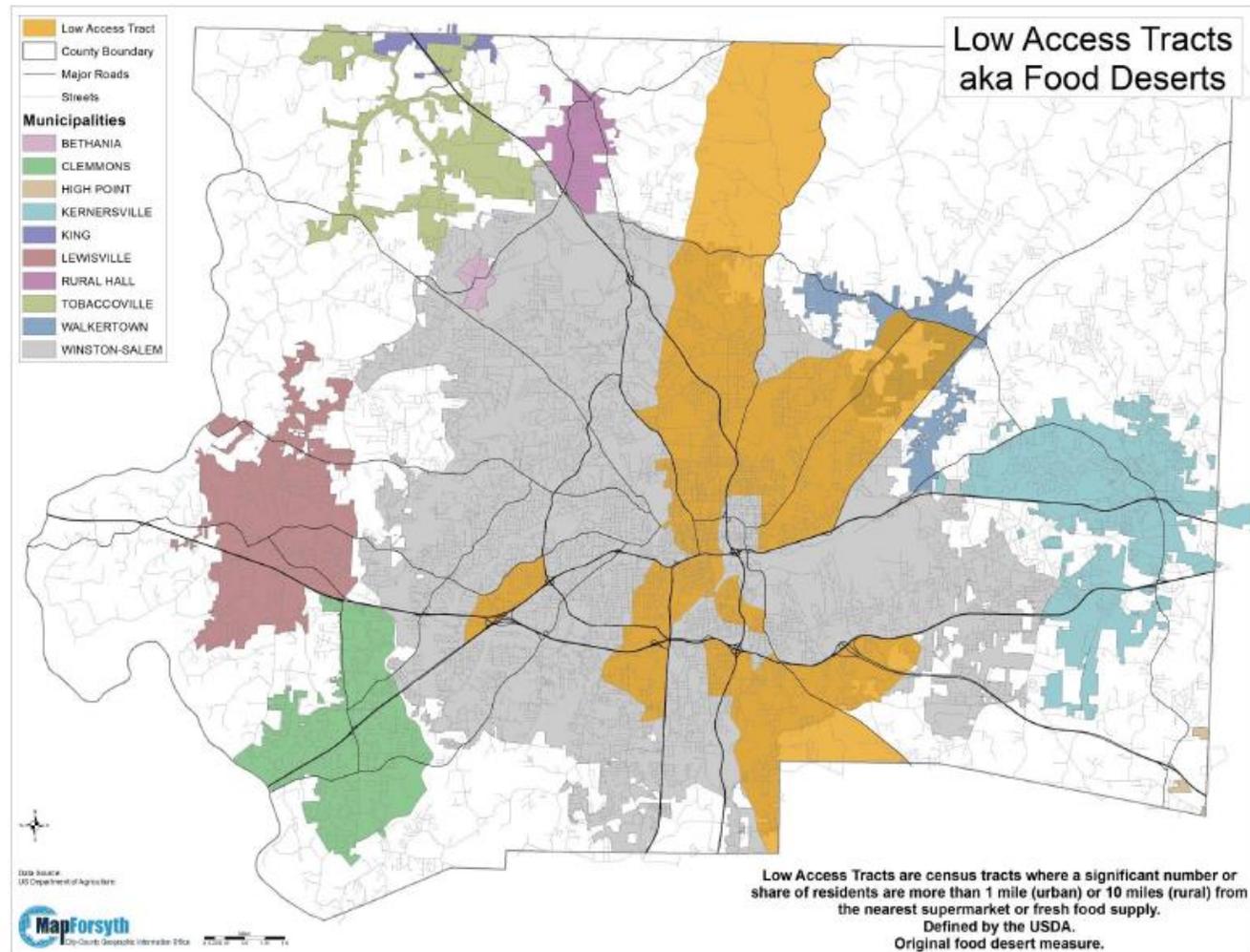


Figure 1 is the U.S. Department of Agriculture food desert map. This map shows low-income areas where a significant number or share of residents is far from a supermarket, where "far" is more than 1 mile in urban areas and more than 10 miles in rural areas.

Note: Forsyth Futures has identified some existing grocery store locations that would affect the accessibility shown on this map, however, this is the best existing map of food deserts at this time.

MapForsyth had developed the next two maps for Forsyth County to use in conjunction with other data in an attempt to identify distressed areas in the county. Figure 2 shows the percentage of families in poverty by census tract based on data from the U.S. Census. Census tracts in zip codes 27101, 27110, 27105, 27107, and 27127 have the highest concentrations of families in poverty.

Figure 2.

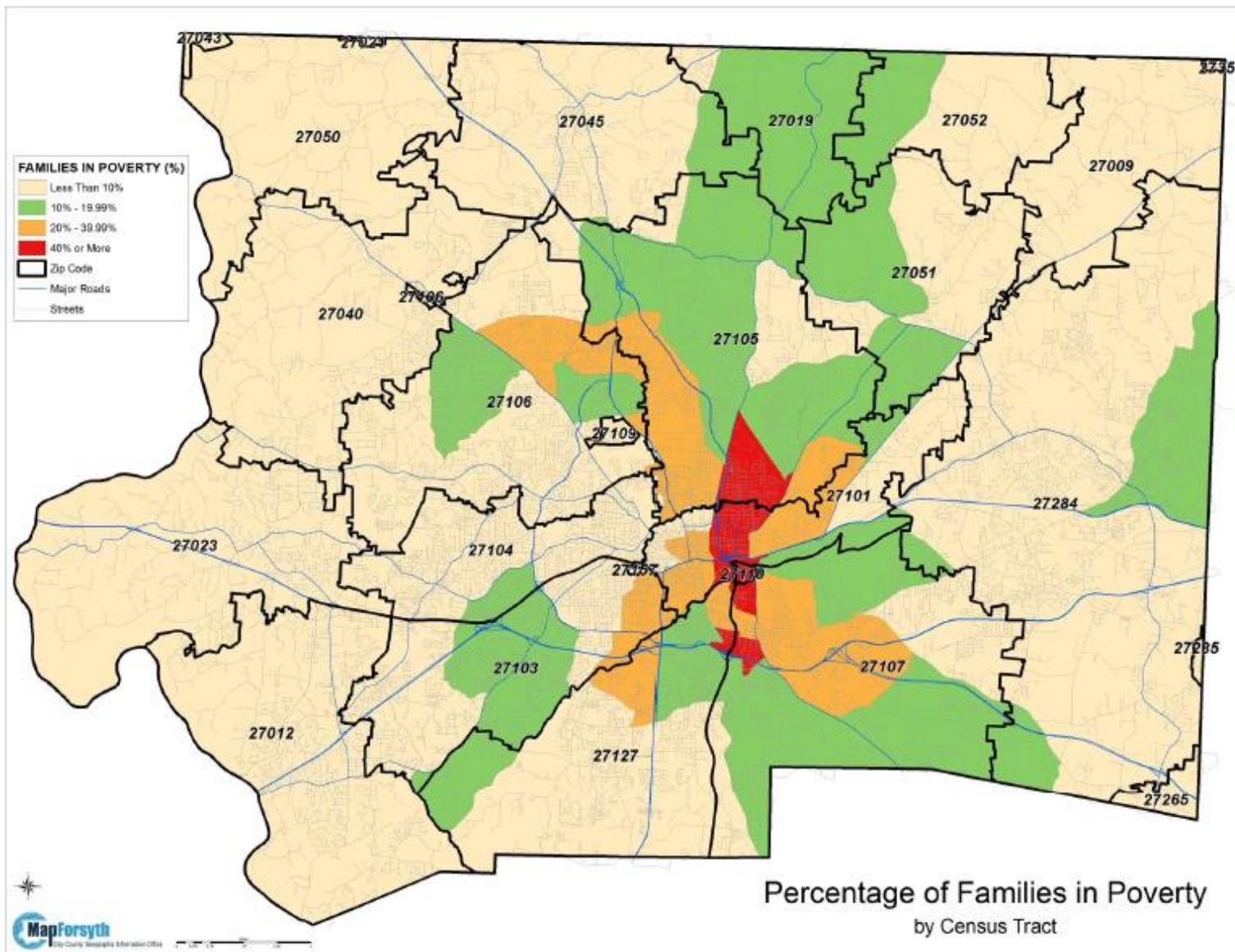
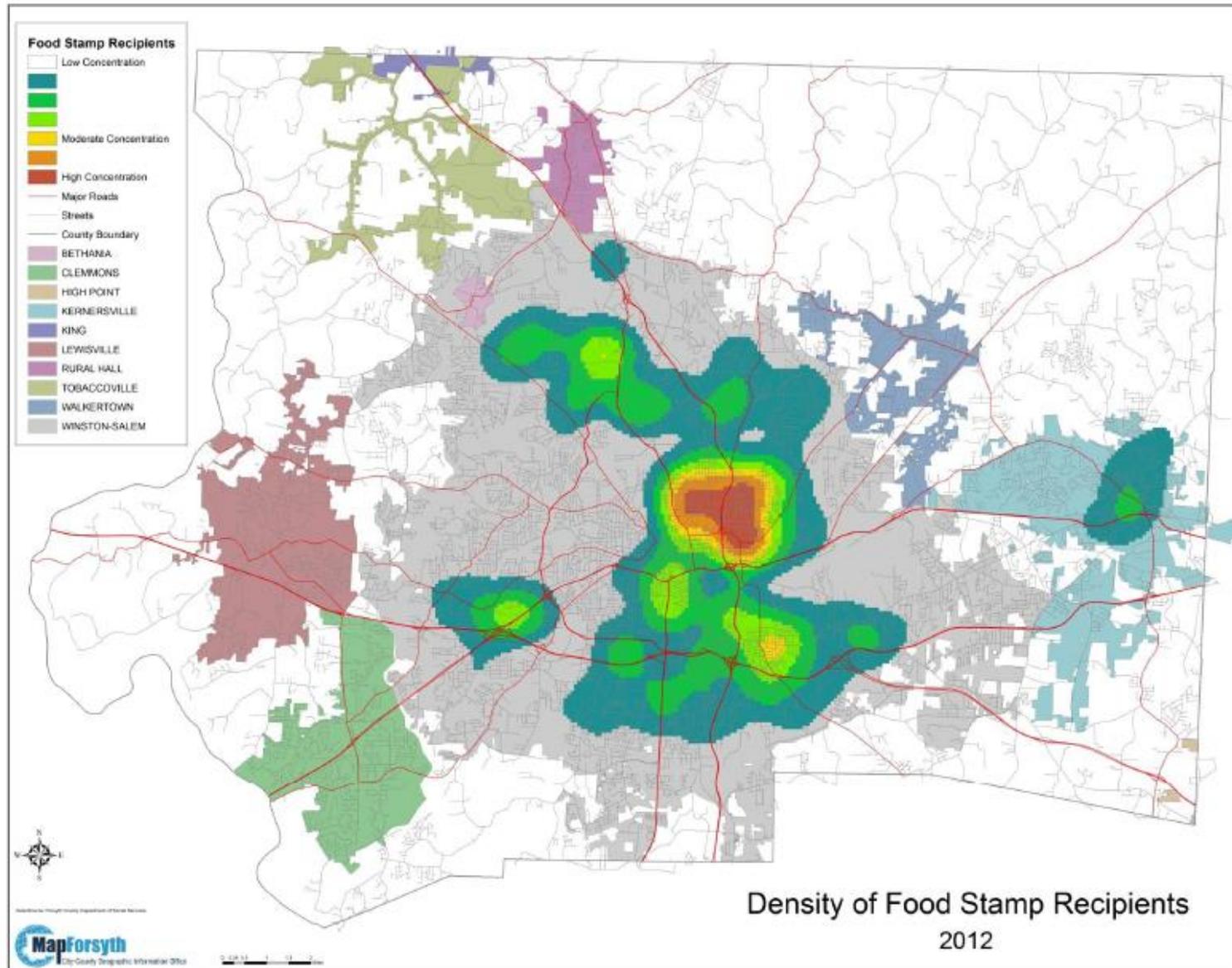


Figure 3 shows the density of households receiving Food Stamps at a point in time in late 2012.

Figure 3.



Overview of Emergency Food Assistance Efforts

Forsyth Futures collected and provided data to MapForsyth to generate a comprehensive map of Forsyth County's Emergency Food Assistance efforts (Figure 4), which includes a range of providers:

- pantries,
- soup kitchens,
- shelters,
- school breakfast and lunch programs,
- school Backpack programs,
- Kids Cafes,
- Meals on Wheels delivery locations,
- community gardens, of which approximately 90 percent report donating some portion of their production to people who are hungry,
- other efforts.



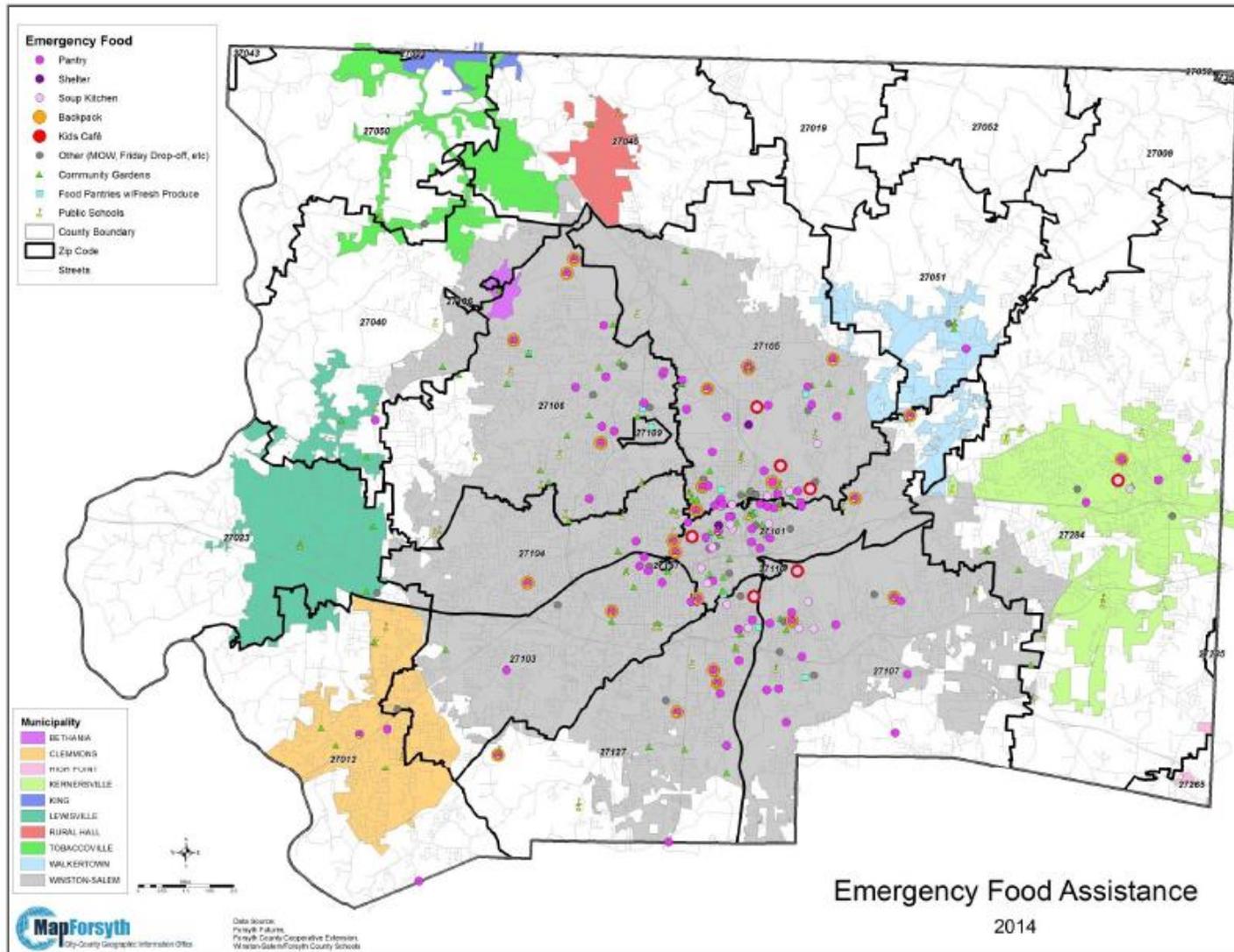
Crisis Control Ministry has a client choice pantry.



Samaritan Ministries serves hot meals daily.

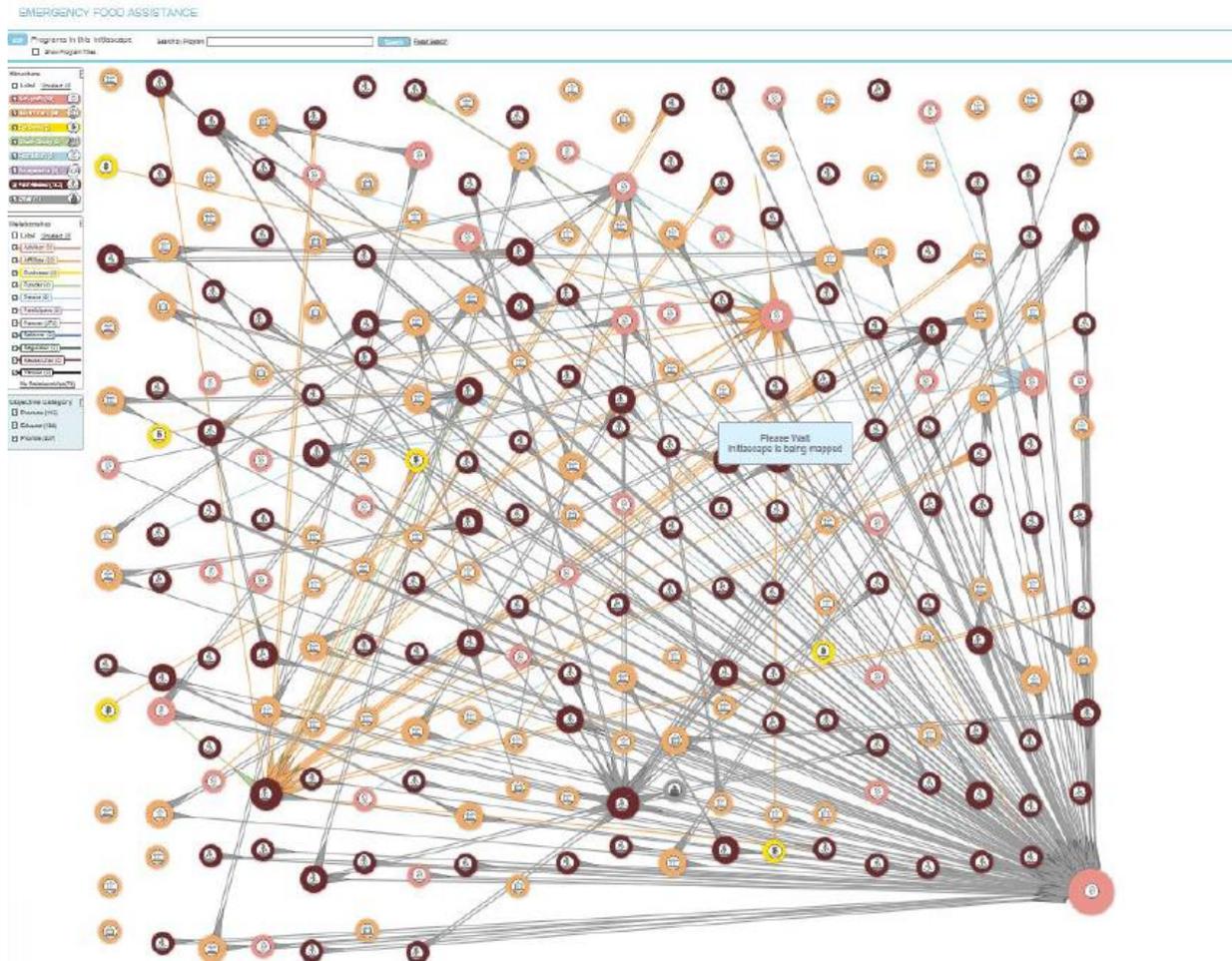
Figure 4 shows that the distribution of emergency food assistance efforts tends to follow the patterns of need from the previous maps, and there are higher concentrations of emergency food programs in areas where there is concentrated need, especially in zip codes 27101, 27105, 27107 and 27127.

Figure 4.



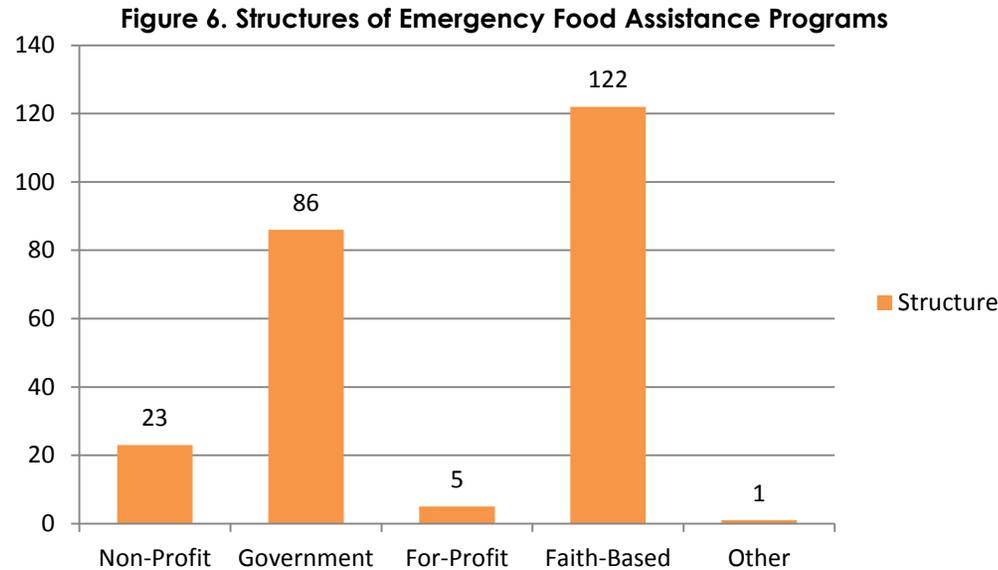
The Initiascape© in Figure 5 corresponds to the map of emergency food assistance programs in Figure 4. It documents 237 programs that are providing some sort of emergency food assistance in Forsyth County. The big dot in the lower right corner is the Second Harvest Food Bank of Northwest North Carolina, which partners with many smaller pantries and programs throughout Forsyth County. The Food Bank also partners with 17 other counties in our region.

Figure 5. Emergency Food Assistance Programs in Forsyth County



Our Initiascape© tool shows who is working on an initiative, as well as the structure of the program and how it is connected to other programs. The two most frequent structures of programs in this Initiascape© are “Faith-Based” and “Government” programs (Figure 6). The “Government” category

includes all of the Winston-Salem/Forsyth County Schools. The schools receive federal Title 1 funding to provide a nutrition program serving breakfast and lunch M-F during the school year to children who qualify for free and/or reduced price meals.



Although the schools provide a critical nutrition assistance program, those meals are not available to the general public, and only certain schools offer feeding programs during the summer. The Food Bank also provides summer feeding locations.

Because the overall Initiascape© is so complex and congested, Forsyth Futures sorted the program data into more manageable views, with Initiascapes© for:

- | Day of week that service is provided,
- | Pantries,
- | On-site feeding programs open to the general public,
- | Emergency Food Assistance: Programs for children 18 years and younger, and
- | Zip code.

The contact data in each of these Initiascapes© can be used to connect programs that share common goals or that are located near one another. Understanding these connections can increase opportunities for coordination of efforts. For example, someone who is interested in providing emergency

food assistance in zip code 27101 can look at the “Emergency Food Assistance: Zip Code 27101” Initiastape© to see who is already offering assistance. The “List” function of this Initiastape© provides the contact information for these programs.

Emergency Food Assistance by Day of the Week

The following maps (Figures 7-13) illustrate the locations of emergency food assistance efforts that are available on different days of the week. It does not include the school breakfast and lunch programs, but it does include Kids Cafes and Backpack programs, where applicable.

Figure 7. Monday Emergency Food Assistance

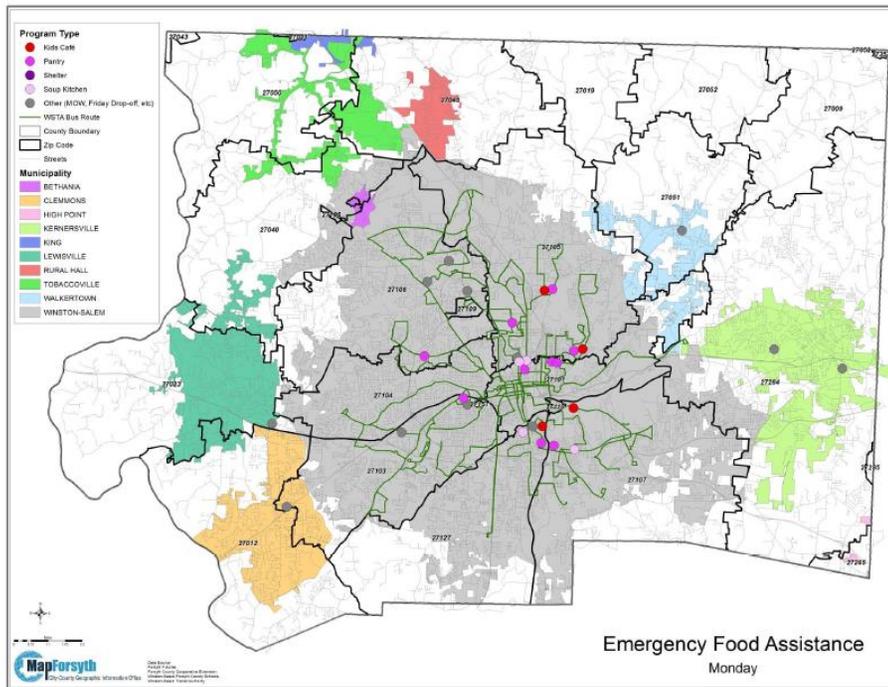


Figure 8. Tuesday Emergency Food Assistance

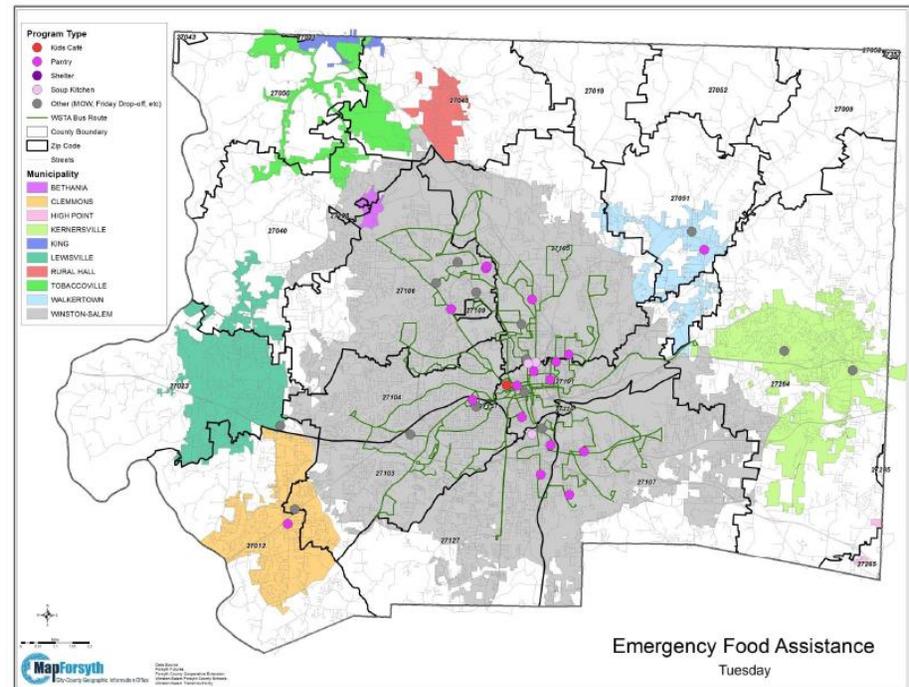


Figure 9. Wednesday Emergency Food Assistance

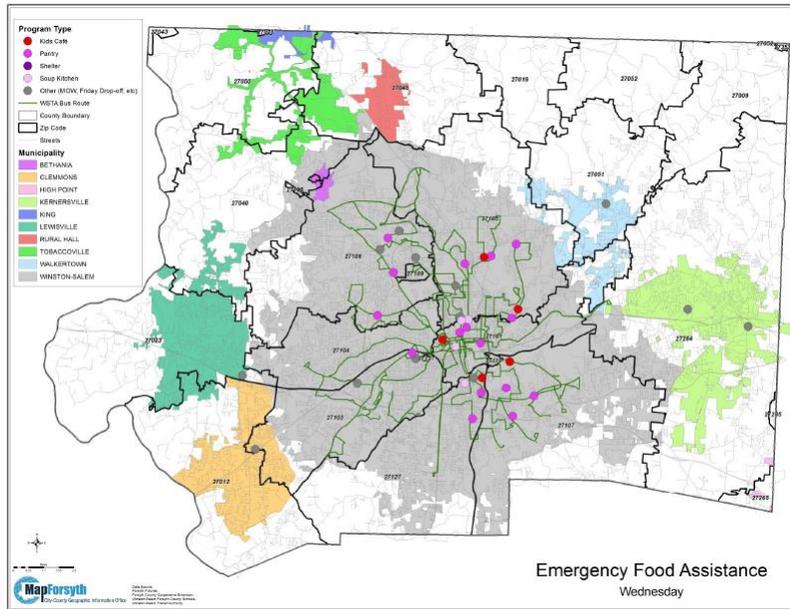


Figure 10. Thursday Emergency Food Assistance

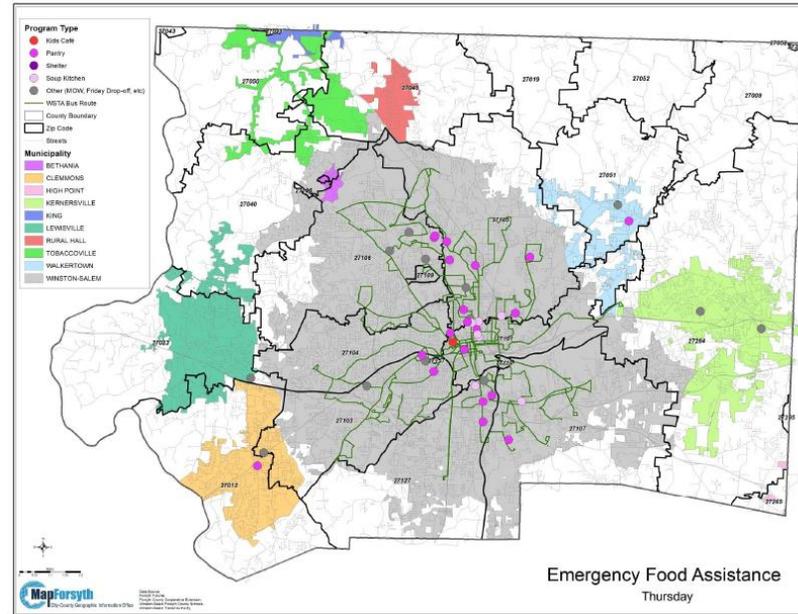
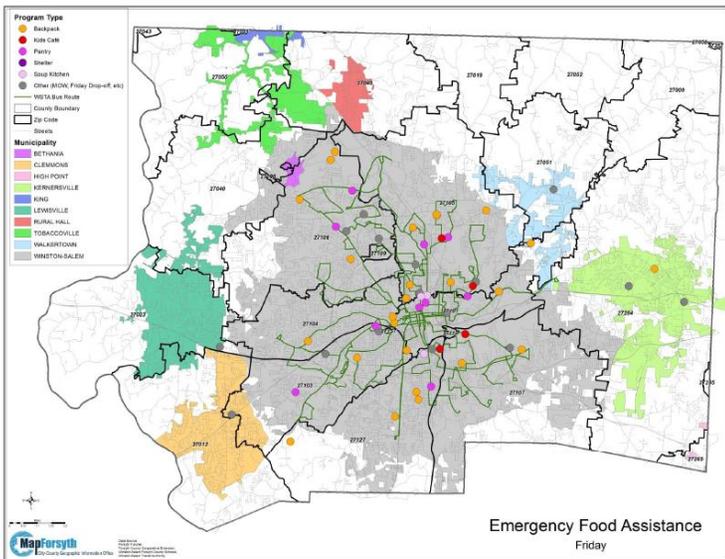
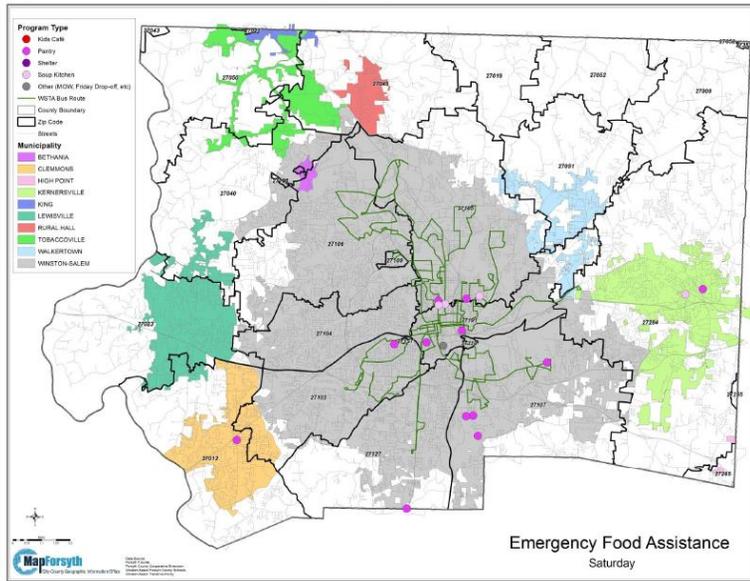


Figure 11. Friday Emergency Food Assistance



In Figure 11, the yellow dots on Fridays are the school Backpack programs that send home food with children over the weekends.

Figure 12. Saturday Emergency Food Assistance

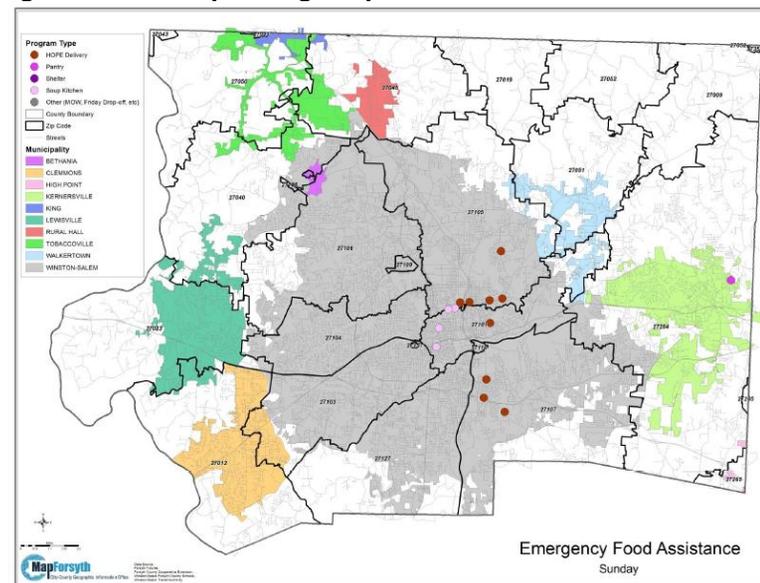


Figures 12 and 13 show that there are fewer opportunities to receive emergency food assistance on the weekend.

The Second Harvest Food Bank of Northwest NC has encouraged its partners to look at opportunities to provide food on weekends when there are fewer locations that provide emergency food assistance. Many of the Food Bank partners are staffed with volunteers, and their pantry and/or meal operational hours reflect the availability of volunteers.

In early 2014, H.O.P.E. of Winston-Salem began delivering brown bag healthy meals to children who meet at its partners' locations. It reports feeding 600 children each Sunday at various locations in the county.

Figure 13. Sunday Emergency Food Assistance



Centenary United Methodist Church's youth provide a community meal for hungry downtown residents one Sunday each month during the school year.

Pantries

The Initiastape© in Figure 14 illustrates pantry connections and shows that there are fewer emergency food assistance opportunities available for the general public, compared to the overall Emergency Food Initiastape© that also includes feeding programs at the Winston-Salem/Forsyth County School System.

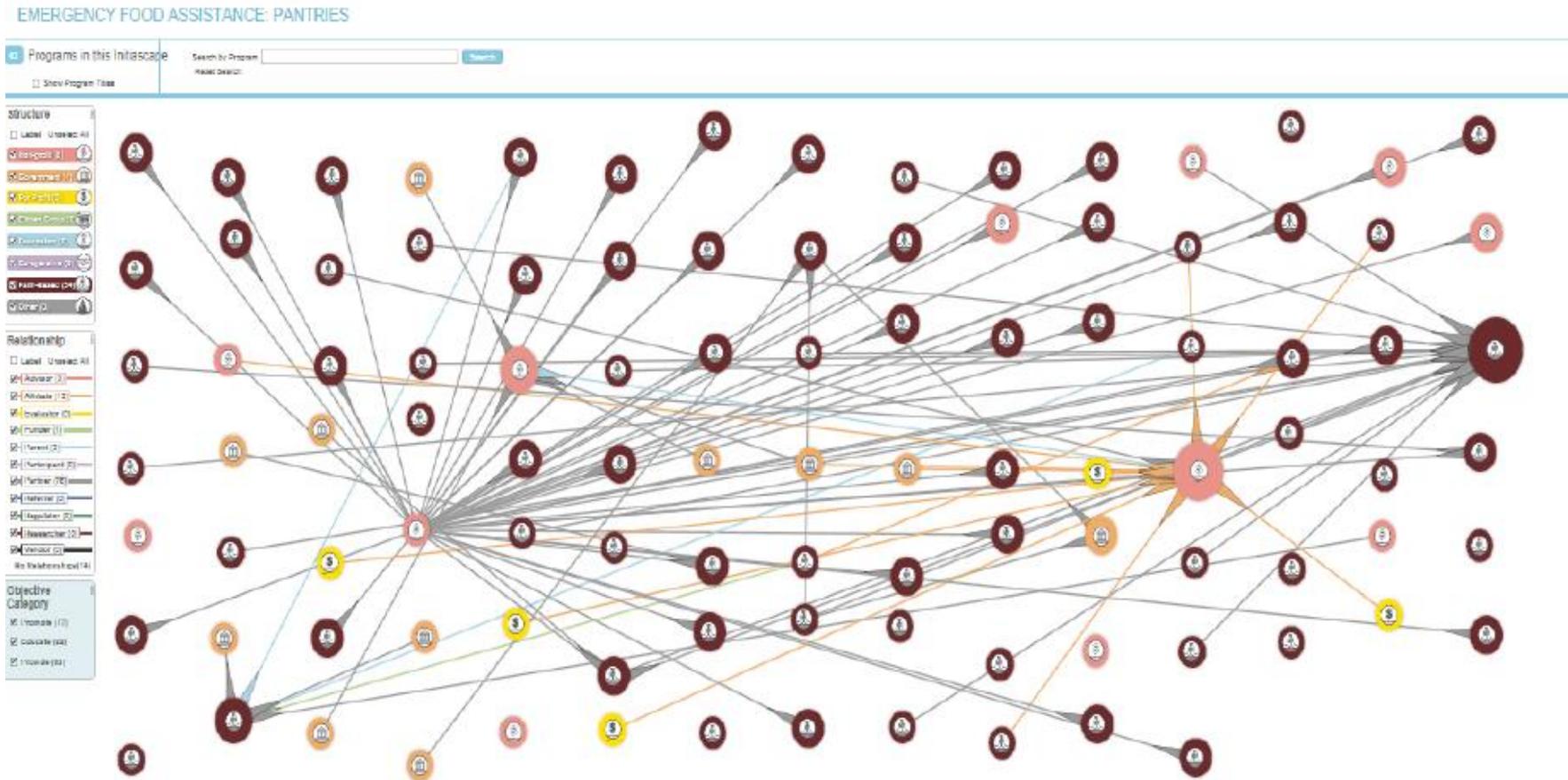


Figure 14: Pantries in Forsyth County that provide emergency food assistance

Community Meals

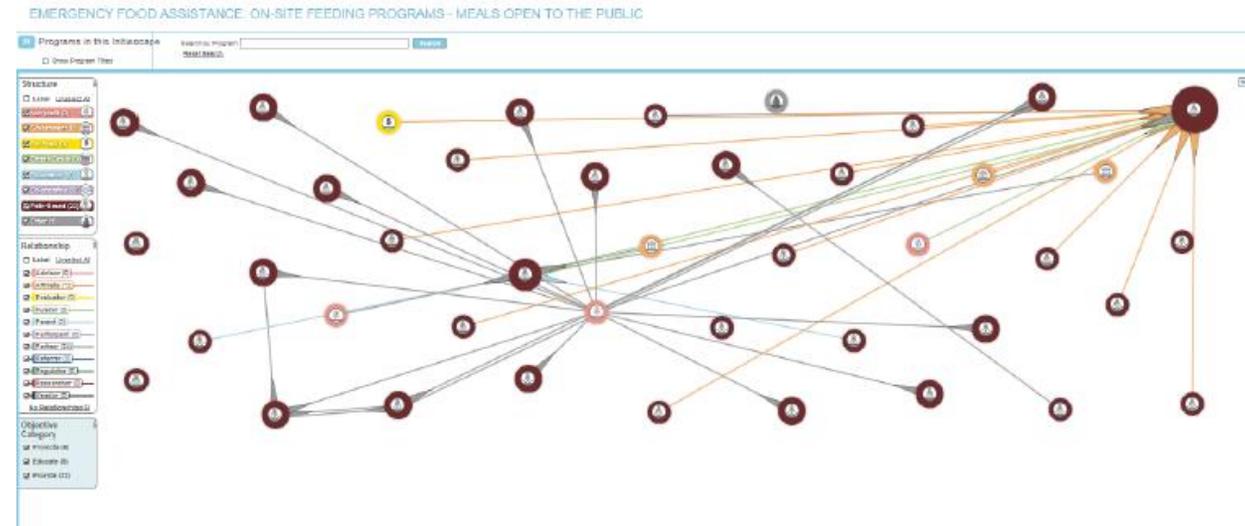


Figure 15: Community meals (soup kitchens) that provide emergency food

There are even fewer community meals, or “soup kitchens,” open to the general public (Figure 15). Even so, programs such as Samaritan Ministries feed thousands of people per month (see bottom left photo). In 2012, Samaritan Ministries served more than 163,859 meals to men, women and children, 365 days a year. This program does not require documentation of need.



A guest of Samaritan Ministries enjoys a hot meal in winter 2014.



Volunteers in Hillsdale United Methodist Church's soup ministry serve Bethesda Center guests.

Children 18 Years and Younger

The programs for “Children 18 years and Younger” (Figure 16) include the school system programs as well as partnerships that support Kids Cafes and Backpack programs and H.O.P.E. of Winston-Salem. Those partnerships typically include the location where children receive the food, a funding partner and the Second Harvest Food Bank of Northwest North Carolina. The dots that do not have connections represent the school-year Title 1 nutrition programs in the school system. Some schools offer Kids Cafes and Backpack programs, so those schools have connections to other programs within this Initiascape.

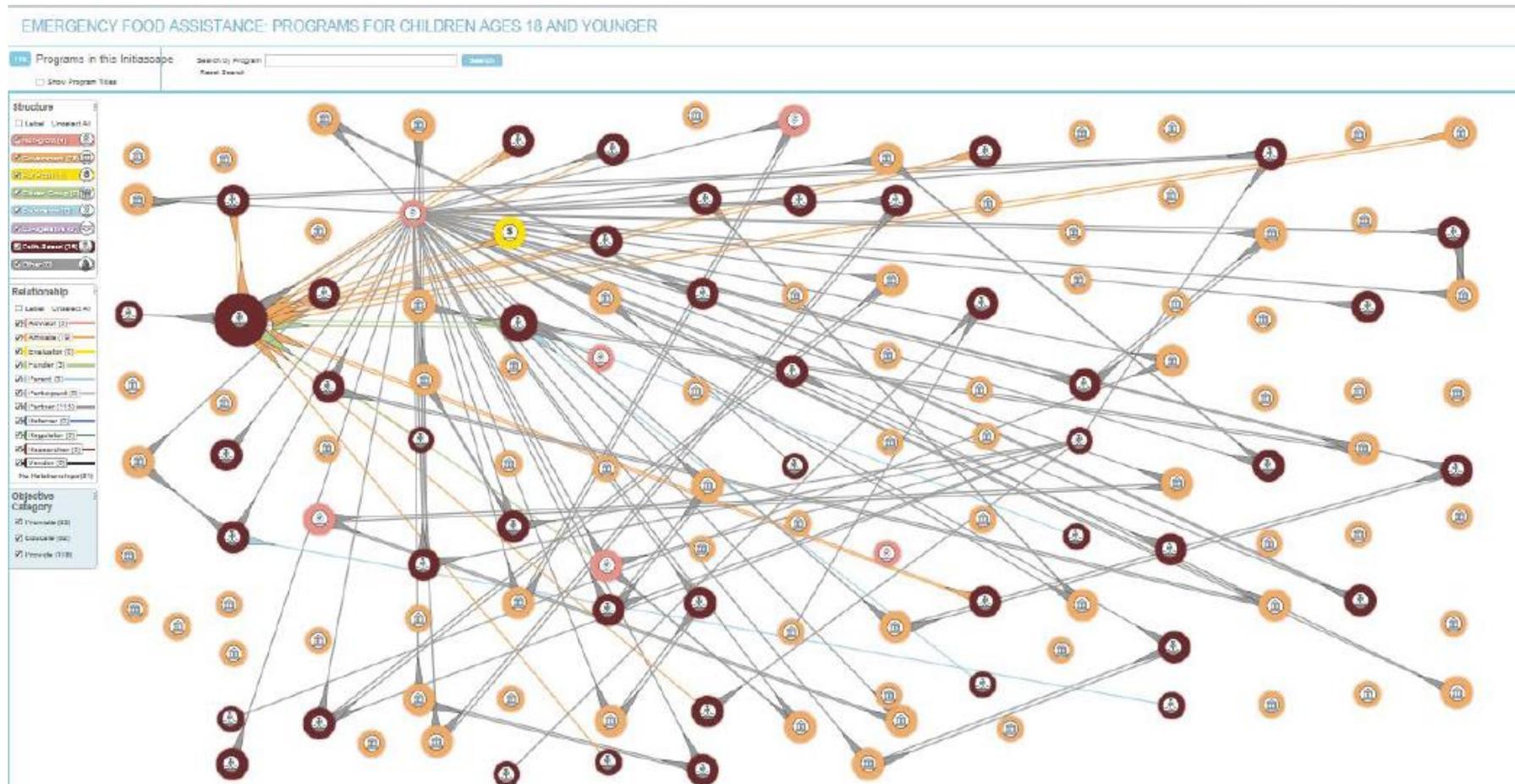


Figure 16: Emergency food assistance programs for children 18 years old and younger

Not all of the schools provide feeding sites during the summer months. For 2014, the proposed summer Feeding Sites for the Winston-Salem Forsyth County Schools (Figure 17) and the Second Harvest Food Bank of Northwest North Carolina (Figure 18) include:

Figure 17.

2014 Proposed WSFCS Summer Meals Sites

#308 Ashley

#351 Cook

#430 Diggs/Latham

#368 Easton

#376 Forest Park - 1st day service 6/30/14

#380 Gibson*

#390 Hall Woodward

#488 Kennedy

#416 Kernersville Elementary

#424 Kimberley Park

#428 Konnoak

#448 Mineral Springs Elementary

#452 Mineral Springs Middle

#462 North Hills

#490 Petree

#530 Speas

\$564 Wiley Middle

Summer Meals Service Dates - 6/23/14 thru 8/15/14 (closed July 4th).

Sites notated with * are not open for breakfast.

Site in bold will only be open if designated summer school site.

Figure 18.

2014 Summer Feeding Sites of the Second Harvest Food Bank of Northwest North Carolina

Fulton Summer Day Camp

Camp High Hopes at Diggs-Latham

Kernersville Summer Camp

Kernersville Elementary Summer Learning Academy

Petree Summer Learning Academy

Whole Man Ministries

William G. White Summer Day Camp

Old Town Summer Learning Academy

Sarah Y. Austin (Family Services, Inc.)

These sites are for children enrolled in the respective programs.

Seniors

Senior Services, Inc., has 69 hot meal routes, which can have up to 16 stops per route, and provides hot meals daily M-F. The meal providers also serve as a safety check for elderly citizens receiving meals at home. The non-profit also provide seniors age 60 and over with a box of five frozen meals every other week to those who are not on a hot meal delivery route or who are not home for deliveries due to dialysis, etc. Senior Services provides a bag of food each month to 156 people who can prepare their own food, but who need food to prepare. These people must income-qualify because food comes from The Emergency Food Assistance Program, a federal program, through the Second Harvest Food Bank. Senior Services also partners with hospitals to provide food to discharged patients who need food (Figure 19).

EMERGENCY FOOD ASSISTANCE: SENIOR SERVICES, INC.

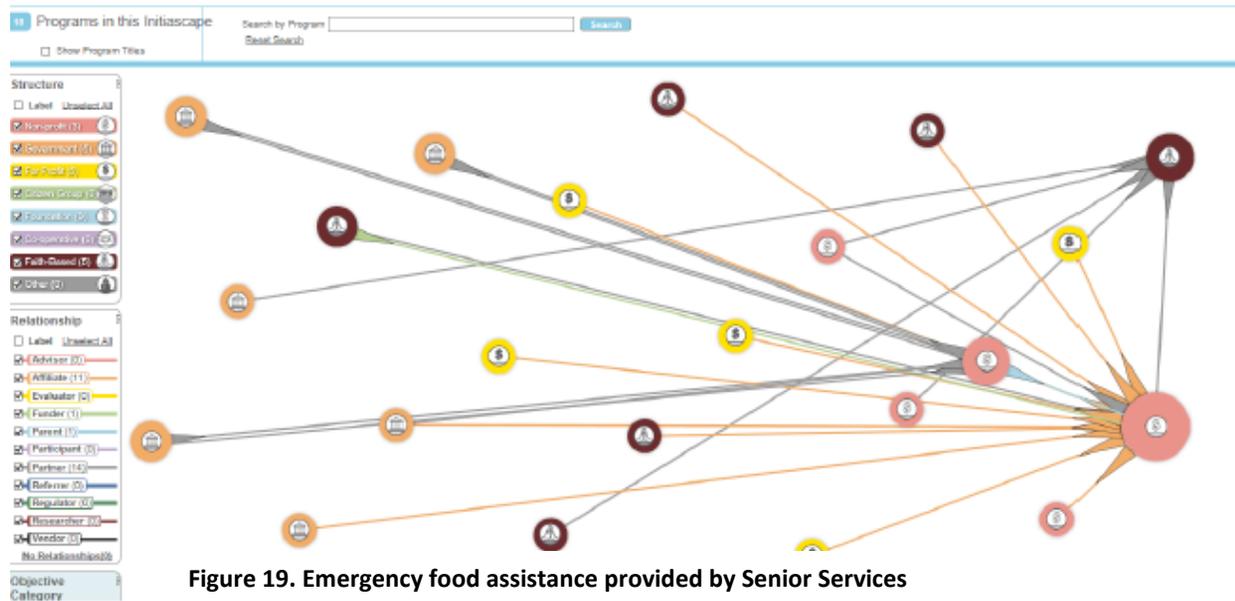


Figure 19. Emergency food assistance provided by Senior Services



Volunteers deliver Meals on Wheels throughout Forsyth County.



Next Steps

In March 2014, Kate B. Reynolds Charitable Trust, The Winston-Salem Foundation and The United Way of Forsyth County convened a meeting of emergency food assistance providers in order to build momentum for a comprehensive approach to addressing hunger in our community. Participants who attended the Community Hunger Response Conversation on March 26, 2014 identified what they perceive to be the top barriers to effectively providing emergency food assistance (Figure 20)

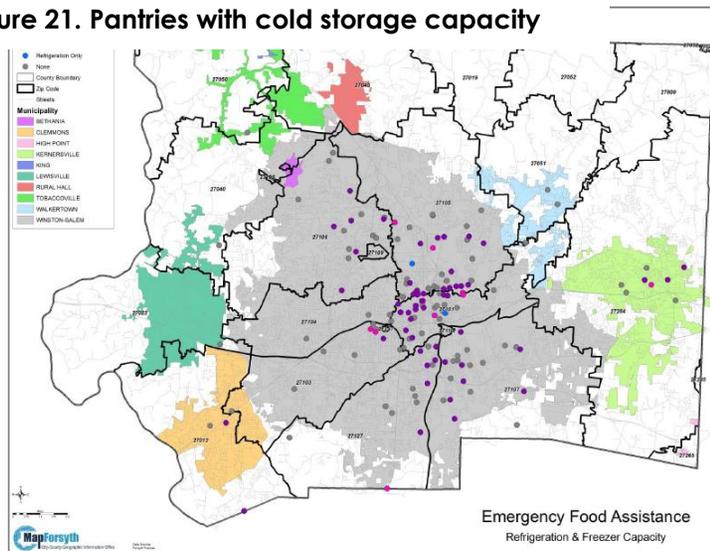
Figure 20. Primary Barriers for providers of emergency food assistance



Other barriers identified were:

- | transportation of food from Food Bank and other sources
- | help with fundraising (e.g. writing grants, special events)
- | equipment and facilities
- | staff and volunteer development
- | technology and board of directors training and development.
- | Other, including Quality of Food, Coordination & Connectivity of Various Programs, Rules & Regulations/Bureaucracy

Figure 21. Pantries with cold storage capacity



Quality of Food

Whether or not a pantry has freezer or refrigerator capacity determines if it can accept and offer fresh produce to clients. The map of Refrigerator and Freezer capacity (Figure 21) illustrates information about freezer and refrigeration capacity from the Second Harvest Food Bank partner list. Forsyth Futures did not have a list of this information for providers that are not Food Bank partners, so the “None” category indicates either that it does not have capacity or that Forsyth Futures was not able to document that at this point.

Participants discussed several issues to consider during coordination of emergency food assistance efforts:

- | Availability of locations near the need;
- | Transportation to and from locations;
- | Consistency of services and access to clients and transportation;
- | Not enough opportunity for people who are working to pick up food after hours and on Saturdays—need volunteers;
- | Feed kids T, W, Th;
- | Backpacks are often shared among families;
- | All resources are end resources;
- | Not efficient distribution system; lots of different providers; different guidelines; need for healthy food; have capacity, but lack coordination;
- | Lack of rural coverage;
- | Number of services versus all others;
- | On weekends there are some stores that are throwing out food—food should never be thrown away;
- | Who is going to be the choir director?

Opportunity for Action

During the Community Hunger Response Conversation, a common theme emerged. Participants in the Hunger Conversation recognized that someone needs to take the lead to coordinate the many emergency food assistance efforts that are underway in Forsyth County.

Other communities have already developed comprehensive programs that coordinate a range of emergency food assistance efforts.¹⁴

The success of other communities' programs comes through a variety of strategies. In some cases, the coordinating programs appear to work with a variety of emergency food providers with multiple methods of collecting and providing food, including those that are subject to federal and state regulations and also local entities that may be able to retrieve food that might otherwise be wasted, such as leftovers from restaurants and produce gleaned from harvested fields.

COMPENDIUM To see when emergency food assistance is provided in Forsyth County by hour, by zip code, view the Compendium of “Forsyth County Emergency Food Assistance Programs’ Distribution of Hours of Operation by Zip Code, Spring 2014.”

End Notes

1. The **Hunger and Health Coalition Boone NC** meets emergency needs for food and/or medicine, and it acts as a community resource assisting those in need to find a more permanent solution. (http://www.hungerandhealthcoalition.com/site/index.php?option=com_content&view=article&id=50&Itemid=54)
2. The **Greater Philadelphia Coalition Against Hunger** connects people with food assistance programs and nutrition education; provides resources to a network of food pantries; and educates the public and policymakers about responsible solutions that prevent people from going hungry. <http://www.hungercoalition.org/about-us>
3. Arizona's **Coordinated Hunger Relief Program** coordinates with various federal, state, and local organizations that provide food assistance to hungry people and contracts with various hunger organizations to maximize resources, according to its website. Among the services provided are food stamp outreach, food bank coordination, food boxes, commodities, coordination in rescuing produce that otherwise would go to waste (also called gleaning) and information on where to obtain food when in need. CoordinatedHungerReliefProgram@azdes.gov.
4. The **Food Research and Action Center (FRAC)** works with hundreds of national, state and local nonprofit organizations, public agencies, corporations and labor organizations to address hunger, food insecurity, and their root cause, poverty. It conducts research to document hunger, seeks to improve policies, and serves as a watchdog. (<http://frac.org/state-news/state-anti-hunger-organizations/>) It launched **D.C. Hunger Solutions** to combat hunger and improve nutrition in the District of Columbia and has impacted the reach and quality of the federal nutrition programs, and the health and well-being of beneficiaries in the District. In 2007 FRAC launched **Maryland Hunger Solutions** to bring these same advocacy, public policy and public education strategies to the fight against hunger in Maryland.