



DC Family Policy Seminar

A community service project of Georgetown University

“Feeding our Families: Community Food Security in the District of Columbia”



BACKGROUND BRIEFING REPORT

The DC Family Policy Seminar provides accurate, relevant, non-partisan, timely information and policy options concerning issues affecting children and families to District policymakers.

The DC Family Policy Seminar is part of the National Network of State Family Policy Seminars, a project of the Family Impact Seminars, a nonpartisan public policy institute in Washington, D.C.

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By

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Abstract

As a direct consequence of increasing poverty and reductions in food assistance programs, the number of American families who go hungry is rising. Although hunger is a chronic problem, it is symptomatic of a broader problem involving a community's limited access to food. Steps to eradicate hunger should thus focus on providing families with long-term *security* in obtaining an adequate food supply.

Food security is defined as the access, at all times, through normal channels to enough nutritionally adequate food to live a healthy, productive life. It encompasses the ways communities provide food and the ways community members gain access to that food. Strategies include providing sustainable agriculture, initiating community gardening projects, building affordable and easily accessible grocery stores in low-income neighborhoods, and exploring the efficacy of food and cash benefits. Because of the government's limited role in fully addressing the problem of inadequate food supply, it is important to discuss ways in which communities can secure food for themselves.

This report provides a brief introduction to the issues addressed by the DC Family Policy Seminar on November 21, 1996. The authors thank the numerous individuals in the District of Columbia government and in local and national organizations for contributing their time and efforts to this seminar. Special thanks are given to Shelley Stark, Vince Hutchins, Donna Ruane Morrison, Katrina Holt, and the staff of the National Center for Education in Maternal and Child Health for their invaluable assistance in hosting this seminar, and to Richard Murphy and the staff of the Academy for Educational Development for providing space and technical assistance.

“Feeding our Families: Community Food Security in the District of Columbia”

This seminar is the 14th in a series designed to bring a family focus to policymaking. The panel features the following speakers:

- **Colleen Fee**, Executive Director, D.C. Hunger Action
- **Ellen Teller**, Senior Attorney for Government Affairs, Food Research and Action Center
- **Zy Weinberg**, Director, Inner City Food Access Program, Public Voice for Food and Health Policy
- **Lynn Brantley**, Executive Director, Capital Area Community Food Bank

This seminar focuses on food security issues in the District of Columbia and aims to provide research and program information to help communities and families increase their access to nutritional food. The organizers of this seminar hope to encourage increased collaboration among community, government, and business members to ensure sustainable levels of food for all District residents. This background report summarizes the essentials on several topics. It provides an introduction to some of the key components of food security, discusses federal and local efforts to combat the effects of food insecurity, presents policy options, and lists local and national organizations working in the hunger and nutrition field. The contents of this briefing report are as follows:

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I. Introduction

At a time when food assistance and income support programs in the nation's cities are diminishing, the number of families who experience or who are at risk for hunger is expected to rise. While the provision of meals and other forms of emergency food relief is a fundamental part of a necessary response, steps to eradicate hunger should focus on providing long-term security to families in obtaining food.

Food security is defined as the access, at all times, through normal channels, to enough nutritionally adequate food to live a healthy, productive life (D.C. Hunger Action, 1994). This concept expands upon the traditional approach to addressing hunger and undernutrition by taking a systematic approach to understanding its root causes and formulating long-term solutions to prevent their occurrence (Community Food Security Fact Sheet, 1995). It examines the food system as a whole, from grower to consumer, and relies heavily on preventive measures and community solutions (Gottlieb and Joseph, H., 1995).

The primary goal of food security is to provide sustained access to nutritionally adequate foods and to decrease family and community reliance on emergency food systems. To attain this level of security, communities must first determine the extent of hunger among its residents, map the available resources for addressing food deficiencies, and identify gaps between needs and services. Communities that are impeded by government funding cutbacks, uncoordinated service initiatives, and narrowly defined program strategies face consequences that jeopardize the healthy growth, development, and well-being of their citizenry.

Families face serious challenges when their ability to access food is hindered. Inaccessible vendors, lack of adequate transportation, and limited resources for transporting, storing, and preparing foods limit choices and increase expenses. Low-income communities that are disconnected from local commerce and services must overcome addi-

tional obstacles at a financial cost. One example of this is the lack of community access to retail food markets. Demographic studies have shown that supermarkets are located in predominantly middle- and upper-income communities, with fewer stores and less selling floor space in low-income neighborhoods (Public Voice for Food and Health Policy, 1996). The lack of access to grocery stores constrains the ability of low-income people to acquire nutritious food. For many inner-city communities, the most easily accessible retail outlets are "mom and pop" type stores offering a limited selection of high-priced, processed, and unhealthy foods (Fisher, A., Gottlieb, R., 1996). Moreover, some stores may not accept WIC vouchers or food stamps. Finally, grocery products may not reflect the cultural preferences of the community they serve.

The availability of efficient transportation is another barrier to accessing food. Poor communities are characterized by low rates of vehicle ownership (Fisher, A., Gottlieb, R., 1996) and public transportation routes tend to serve commuter populations. The lack of supermarkets in inner-city areas combined with inadequate transportation routes force many low-income people to use inefficient and cumbersome modes of transportation. The lack of direct access to stores inhibits families who must consider travel distance and their capacity for transporting groceries when making food shopping arrangements.

A family's ability to purchase or otherwise acquire food does not guarantee food security, however. Food preparation and storage concerns may be yet another obstacle. Families with limited or no access to refrigeration or cooking apparatus may be restricted to purchasing processed foods with fewer essential nutrients. Food safety may become an issue when insufficient or inadequate storage and refrigeration facilities give rise to food contamination and spoilage.

Finally, when faced with food shortages or a lack of access to food, some families may resort to unconventional or desperate methods in order to

feed their families. D.C. Hunger Action's Community Childhood Hunger Identification Project (CCHIP) found that 95 percent of parents whose families suffer from hunger had to change their eating patterns (e.g., decrease their food intake, eat less expensive and/or less nutritious foods) and 84 percent had to substitute less expensive food products for nutritious foods. In some cases, parents obtained food discarded by other people, restaurants, or other establishments (D.C. Hunger Action, 1994).

II. Consequences of Inadequate Food Security

The most critical implications of inadequate food security are hunger and malnutrition. While there is considerable debate in the research literature about how to define and measure hunger, there is consensus that maintaining an adequate diet is a fundamental building block for healthy development and that prolonged nutrient deficiency can lead to malnutrition, growth delays, mental health destabilization, and, ultimately, death (Tsang et al., 1993).

Poor nutrition can have varying consequences for different populations. For example, undernourished pregnant women face considerable health consequences that can extend to their unborn children. Proper nutrition, including increased protein intake, in the early stages of pregnancy is essential for optimal mental and motor development in the fetus (Shapiro, 1993). Iron deficiency during pregnancy can induce maternal anemia, which can lead to premature delivery, delivery of babies with low birthweight, and perinatal mortality (Institute of Medicine, 1990). Obtaining adequate nutrition is especially important during the second and third trimesters of pregnancy when gestational weight gain is most strongly tied to fetal growth and development (Institute of Medicine, 1990).

Infants are particularly sensitive to nutrition deficiencies. Preterm and low birthweight babies may have special nutrition requirements that cannot be met adequately through breastmilk (Tsang et al., 1993). Infants whose nutrient intake is inadequate may become malnourished and experience failure to thrive, a medical condition characterized by chronic weight loss or inadequate growth (Figuroa, 1995). Undernutrition in infants can also lead to weakened immunity (which creates a hospitable environment for infection), delayed development, and digestive problems (Center on Hunger, Poverty and Nutrition Policy, 1995; Figuroa, 1995).

Hunger and poor nutrition also impede physical and cognitive development in growing children and can lead to educational failure (Center on Hunger, Poverty and Nutrition Policy, 1995). Scientific research conducted during the past decade has revealed that chronic nutritional deficits in children can result in lethargy and fatigue, physical inactivity, and delays in social development. Even short periods of undernourishment can affect a child's capacity to focus and perform complex activities. Iron deficiencies, prolonged or short-term, can lead to more serious problems including anemia and deficits in attention and memory (Center on Hunger, Poverty and Nutrition Policy, 1995).

Elderly people and persons with disabling conditions have specific nutrition concerns as well. Researchers at Columbia University have found that older adults, though requiring fewer total calories, demonstrate an increased need for certain vitamins and minerals. Vitamin D, B₁₂, chromium, and zinc needs increase with age and are important to maintaining organ function (Ruskin, Paul E., and Rogers, Elizabeth L., eds., 1993). Illness and conditions such as inflammatory disease, injury, surgical recovery, and burn losses may also require increased nutrient intake. However, many elderly people do not receive adequate nutrition. A

research study by Zumwalt (1989) found that 33 percent of Americans ages 65 and older suffered from nutritional deficiencies. Malnourishment in older people may also be exacerbated by factors related to progressing infirmity or the aging process. These include gastrointestinal disorders, poor dental function, anorexia stemming from illnesses (e.g., cancer, cirrhosis, or emphysema) or medicine, physical limitation due to debilitating diseases (e.g., stroke, Parkinson's disease, arthritis), and mental incapacity such as dementia. In addition, the elderly may fail to gain full benefit from the food they do ingest, due to poor absorption from disease-induced metabolic alterations, drug-nutrient interactions, and maladies such as alcoholism and gastrointestinal disease.

Persons with disabling conditions may have similar concerns. Problems with ingestion, digestion, and absorption often result from physical and mental disabilities and may require increased intake of certain nutrients. For example, nutritionists recommend increased intake of fruits and vegetables for children with Down syndrome in order to prevent obesity and constipation (Crump, 1987). Individuals diagnosed with HIV/AIDS may require supplemental protein intake to ensure tissue repletion. Furthermore, nutrient deficiencies may develop in persons with HIV/AIDS as a result of infection, malabsorption, and other sequelae of the disease (Schreiner, 1990).

III. Approaches to Food Security

A model for food security must integrate and build on existing federal and local programs to ensure a comprehensive and coordinated system of securing adequate community food supply. The programs currently in place vary widely in the populations they serve, the mechanisms for reaching these populations, and the breadth of services provided.

A. Federal Programs

There are 15 federally funded entitlement and discretionary programs designed to improve families' access to nutritious food. These include the Child and Adult Care Food Program; Commodity Supplemental Food Program; Emergency Food Assistance Program; Farmers Market Nutrition Program; Food Distribution Program on Indian Reservations and the Trust Territories; Food Distribution to Charitable Institutions, Soup Kitchens, and Food Banks; Food Stamp Program; Nutrition Assistance Programs; Nutrition Education and Training; Nutrition Program for the Elderly; School Breakfast Program and National School Lunch Program; Summer Food Service Program for Children; and Special Milk Program. Those serving the largest number of recipients are described below:

WIC

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and supplemental foods to help safeguard the health of pregnant, postpartum, and breastfeeding women, and their infants and children under five years of age. Participants must be at nutritional risk (based on identifiable nutritional problems) and their incomes must be below 185 percent of the federal poverty level. The WIC program serves over 7 million people; in 1993, 17,000 women in the District utilized the program (D.C. Hunger Action, 1994). The WIC program is successful in many aspects. Studies have shown a reduction in infant mortality and anemia, and increases in cognitive performance. Research has also shown significant savings in federal health care dollars, with an associated savings in Medicaid costs of \$1.92 to \$4.21 per dollar spent on pregnant women in the WIC program (General Accounting Office, April 1992, as cited in *WIC Newsletter of the Center on Budget and Policy Priorities* Sept. 24, 1996, Vol. 16, No. 4).

School Breakfast Program

The School Breakfast Program provides federal funds to approximately 42,000 schools nationwide (Bread for the World, 1996) and offers nutritious meals to over 5 million financially disadvantaged students (USDA, 1996). Children who live in households with incomes between 130 and 185 percent of the federal poverty level receive meals at a reduced rate, while students in households with incomes below 130 percent of the poverty threshold receive meals free. Approximately 4.9 million children participate in the program (American Express, 1996). In the District, 94 percent of the public schools operated federal school breakfast programs during 1993–94; 37 percent of District children receiving free and reduced price lunches also received free and reduced price breakfasts (D.C. Hunger Action, 1994). Researchers studying the School Breakfast Program measured children's scores on standardized tests as well as rates of lateness and absences prior to implementation of the program. These variables were measured a year later after implementation of the School Breakfast Program. Significant improvements in academic functioning and significant reductions in absence and tardiness rates were found among low-income elementary school children who participated in the program (Meyers, Sampson, et al., 1987).

National School Lunch Program

Administered by the U.S. Department of Agriculture, the National School Lunch Program provides subsidies for school lunches with specific nutritional requirements to all public and non-profit private schools and to all residential child care institutions. Students receive a reduced-price meal if their families' household income is 185 percent of the federal poverty level or lower, and they receive free meals if their families' household income falls below 130 percent of poverty. According to a recent article in *The Washington Post*, the percentage of District children receiving free or reduced-price meals increased from 44 per-

cent between 1989 and 1990 to 66 percent between 1995 and 1996 (*The Washington Post*, October 2, 1996). Studies have shown that low-income children rely on school lunches for one-third to one-half of their daily nutritional intake (Center on Hunger, Poverty and Nutrition Policy, 1995).

Summer Food Service Program

The Summer Food Service Program for Children, sponsored by the U.S. Department of Agriculture and administered by the Food and Consumer Service, provides meals and snacks to low-income children in public or private organizations during the summer months and during vacation periods. Approved organizations must be located in areas where children are from predominantly low-income families, and meals must meet specific nutritional guidelines. The program serves approximately 2.3 million children per year nationwide, with nearly 4,700 DC children benefiting from the program (Bread for the World, 1996). Through its partnership with the Department of Food Services in the District of Columbia, the D.C. public schools system sponsors sites at elementary and junior high schools around the city. In 1994, partnerships between the school system and local nonprofit organizations sponsored 39 sites and served approximately 6,073 children daily (D.C. Hunger Action, 1994).

Child and Adult Care Food Program

The Child and Adult Care Food Program subsidizes nutritious meals for children ages 12 and under in child care centers and after-school programs, and for adults in adult day care facilities. The program subsidizes the costs of food and meal preparation, ongoing training on the nutritional needs of children and on food safety, and technical assistance in meeting the program's nutritional requirements for meals and snacks. In 1994, the program served over 1.3 billion meals and snacks (FRAC, 1995). Despite the availability of federal and state funds, many eligible recipients

have not participated in the program, primarily due to lack of information about program eligibility and language barriers (FRAC, 1995).

Food Stamps

Established in 1964, the Food Stamp Program assists low-income people by providing them with monthly coupons that can be used to purchase food. Eighty-seven percent of all food stamp beneficiaries are children, elderly individuals, or women; more than half are children. Qualifying households, except those with elderly or disabled members, must have gross incomes below 130 percent of the federal poverty level. Applicants must file applications, obtain an interview, and provide documents that can be used to verify information related to eligibility. The Food Stamp Program serves 26 million Americans, and about 101,000 DC residents participate in the program. The program is administered locally by state and local welfare or social service agencies. In 1993, the average monthly allotment was \$77 per person and \$164 per household size of 2.13 persons (D.C. Hunger Action, 1994). The program benefits provide an average of about 76 cents per person per meal, and benefits vary according to the number of people in the household and their net income (FRAC, 1995).

Nutrition Program for the Elderly

The Nutrition Program for the Elderly is a joint program of the U.S. Department of Health and Human Services (DHHS), which administers the program, and the U.S. Department of Agriculture (USDA), which provides commodity foods and financial support. The program serves people over the age of 60 and their spouses (who are not limited by age requirements), providing nutritious meals through meals-on-wheels programs or in senior citizen centers and similar settings. The program does not impose income requirements, though beneficiaries, if able, make contributions to subsidize the costs. The program received a \$150 million appropriation from Congress for FY 1996,

maintaining the same level of funding received for the past two years (USDA, 1995).

B. Local Programs

In addition to federally funded programs, a number of local programs provide substantial contributions to food security efforts. These local initiatives focus on building community resources, empowering individuals, and creating healthy cities and regions (Fisher, A., 1996). They complement emergency food systems by building community self-reliance and resources in order to reduce dependence on charitable food donations (Community Food Security Coalition, 1996). And, though these local efforts are not substitutes for public sector food assistance programs, they can improve planning and coordination among federal, state, and city government programs and private organizations (*Community Food Security News*, Vol. 1).

Two of the most common ways that local communities address problems of hunger are through soup kitchens and food pantries. Under the auspices of churches, community groups, and local governments, soup kitchens provide hot meals for the homeless and needy. Food pantries are also often operated on a voluntary basis and they distribute bags of groceries to families in need, generally supplying a week's worth of food. Multiple studies have shown an increased reliance of low-income families on emergency food assistance programs (Brown, J.L., 1987); yet each program is limited to serving specific neighborhoods or segments of the community. Because each program typically serves a specific geographic area, there is often a lack of coordinated efforts in providing sustained service to all sectors of the community.

Additional resources for local food emergency programs come from food banks, gleaning programs, and Prepared and Perishable Food Rescue Programs (PPFRPs). Food banks collect and store large quantities of donated canned foods, frozen foods, and other nonperishable goods in warehouses for distribution to hundreds of feeding cen-

ters. The goods are not distributed directly to individuals but to agencies or organizations that provide food services to the community. Currently, more than 200 food banks nationwide serve approximately 25 million people (American Express, 1996). Gleaning programs provide fresh fruits and vegetables to areas that lack these nutritional goods by collecting surplus fruits and vegetables from farms and distributing them to high-need areas. PPFRPs also collect surplus goods, such as produce, baked goods, and sandwiches. These goods are collected from restaurants, hotels, dining halls, and airlines for distribution to soup kitchens and other agencies (American Express, 1996).

Various programs in the District address the problems of access to food. The D.C. Central Kitchen is a nonprofit agency with a mission to coordinate and transport surplus foods of caterers, restaurants, hotels, and other food service businesses to needy children and adults at shelters and feeding programs throughout the District. Foods and Friends is the District's only AIDS service organization that prepares and delivers nutritious meals to people living with HIV/AIDS.

The Capital Area Community Food Bank runs two programs geared toward providing sustainable amounts of food to the community. One of their programs, From the Ground UP, has a 12-acre farm in the DC area that provides fresh produce to hundreds of food pantries, free meal programs, and farmstands in the District. It employs and trains low-income and unemployed individuals who raise and harvest organic vegetables that are sold at inner-city farmstands operated by community organizations. The farm is supported by middle-income consumers who purchase a share of its produce through a community-supported agriculture arrangement. The Food Bank's Sister Hook-Up is a partnership with Giant and Safeway stores that facilitates the direct exchange of food between a store and an agency. More than 200 feeding programs throughout the metropolitan area receive over 2 million pounds of products through this program each year.

V. Food Security Model

To move from traditional emergency food relief models to an approach that emphasizes food security necessitates new and innovative approaches. A food security model should address: (1) collaboration and resource mapping, (2) formulation of comprehensive family policy, (3) community and public education, (4) creation of culturally relevant policy, 5) improving of access to grocery stores in the inner-city, and (6) expansion of linkages with local farms and developing agriculture policies.

Collaborations and Resource Mapping

To fully address food insecurity in the District, it is important to form partnerships between government, community-based organizations, businesses, and the religious community. Forming food policy councils, which brings together stakeholders from the diverse sectors of the food system to address problems and create solutions, embodies the community food security approach (Community Food Security Coalition, 1996). Food policy councils would decrease the fragmentation and prevent overlapping or duplication of services. Within this framework, the councils could develop "resource maps" to identify resources and services in the District. Developing resource maps involves the identification of services offered by specific agencies on specific times and days. The idea behind resource mapping is that it allows agencies to coordinate their services to provide a continuous schedule of food sources for the community. Additionally, it provides the clientele with specific locations and avoids confusion and overlapping of services.

Family Policy

The tendency of existing food support programs is to focus on individuals or specific groups (e.g., WIC program). The programs are effective for each targeted population; however, the need for "family friendly" policies are necessary to foster an

environment of inclusion. Eligibility issues for means-tested programs should be examined to promote family versus individual needs. Community gardens, for example, are effective tools for building family self-sufficiency. Families could establish gardens to provide long-term access to nutritious food and create an environment that promotes teamwork. This tool is also effective in teaching the community methods in agriculture and in providing fresh foods to the neighborhood. Community gardens are also potential sources of employment, where food can be sold and can generate additional income.

Education

One of the reasons why food programs have been underutilized in the District is lack of community awareness of existing programs (D.C. Hunger Action, 1994). Families and communities must first be educated about available food programs and resources in order to gain access to them. Education forums could be administered through nonprofit organizations within the framework of food policy councils. Education provides an effective mechanism for empowering individuals to take an active role in their well-being. It is equally important to educate government entities and the public concerning the need for food security programs. Educating this sector fosters greater awareness of the growing population of families using these programs and understanding the underlying problems behind their environment. Communities must also consider programs that provide effective information and outreach designed to connect people with food programs. Linkages with an emergency food system should be established to meet short-term personal emergencies and major disruptions in food supply. The Emergency Hunger LifeLINE, based in Alexandria, VA, is a nationwide effort to link hungry people to nearby emergency food assistance referral programs through a toll-free number, 1-800-HUNGRY-2. The goal of the LifeLINE project is to enable callers from any location in the country to be automati-

cally routed to the local referral agency nearest to them, based on their area code and exchange. The intent is that each call will begin the process of restoring the basic strength, dignity, and hope necessary for achieving self-reliance (Emergency Hunger Lifeline, 1996).

Culturally Relevant Policy

Policies should also address the needs, special concerns, and preferences of people from different cultures. For example, there are significant language barriers within certain communities that prevent these populations from utilizing existing food assistance programs. Additionally, various communities experience higher risk factors for certain diseases as a result of differences in diet (e.g., high rates of hypertension in the Asian Pacific American community). Policies that include such resources as bilingual literature or interpreter services should be considered in program development. Culturally tailored educational forums would also assist in outreach and educational efforts among these populations.

Greater Access to Grocery Stores

While large supermarkets are often able to offer consumers lower food prices than smaller retail stores, gaining access to these markets can be a problem for urban residents. The recent population decrease in the District's inner city has resulted in a corresponding decrease in the number of supermarkets in the area (Public Voice for Food and Health Policy, 1996). Locating supermarkets in these poorly served areas would greatly improve the accessibility of nutritious food to residents as well as increase their choices in food products. State and local government agencies should consider tax incentives and simplification of zoning laws to encourage development within inner cities. It is important, then, to integrate retail businesses into the food security framework to assess and encourage retailers to provide supermarkets within the inner city. The Concerned Citizens of South Central Los Angeles has exemplified this

kind of partnership in its plans to develop a community-controlled supermarket. The supermarket will be located in an area where there is limited access to full service retail outlets and healthy foods.

Transportation Assistance

In Washington, DC, the average family lives at 73 percent of the federal poverty level, subsisting on just \$10,804 per year for a family of four (D.C. Hunger Action, 1994). Since low-income households frequently lack access to reliable transportation, families are limited in their ability to reach supermarkets. Despite the District's effective transportation system, low-income persons must factor in transportation costs. People without cars may have to travel to other areas of town and expend a considerable amount of income to meet their shopping needs. To increase access to food, programs and policies should provide for transportation resources, either through subsidies or collaborations with public transportation agencies. Other options, such as van or bus services directly to and from home would be extremely beneficial for low-income populations, especially pregnant women and the elderly. In Houston, the Fiesta retail grocery franchise, with over 30 stores throughout the city, offers free van services to residents in the inner city areas. The vans pick up residents at pre-determined routes and schedules and take them to supermarkets. Posted schedules are printed in both Spanish and English to facilitate the process. Another example of effective strategizing is found in Knoxville, TN, where the transit authority extended certain bus routes to reach outlying supermarkets.

Agricultural Linkages

Communities need to identify sufficient natural resources, such as fertile agricultural soils and clean, viable marine fisheries and provide access to private and public land suitable for household food production. They should protect and promote

local family-based agriculture, such as community gardens, as an alternative to a globalized food system (Community Food Security Coalition, 1995). Community gardens provide families with access to nutritious foods while teaching them to cultivate the land. Linkages between farmers and low-income consumers provide additional effective measures in accessing nutritious foods. This link can be found in farmer's markets, where farmers directly market their products to consumers and is especially beneficial where access to fruits and vegetables is geographically limited.

Model Programs

In response to growing indications of hunger and the inability of established food programs to adequately address the problem, numerous model programs have emerged throughout the nation. The Community Food Security Coalition, a diverse network of antihunger, sustainable agriculture, environmental, community development, and other food- and agriculture-related organizations, was established in 1994. Its mission is to provide a national scope on the issues surrounding hunger and undernutrition. The coalition builds links between diverse and normally separate constituencies, such as sustainable agriculture, antihunger, environmentalists, and community development as a way of developing the political wherewithal to create a more sustainable community.

One organization within the coalition is the Hunger Task Force of Milwaukee (HTFM). HTFM is a community based nonprofit organization in Milwaukee that works to prevent hunger and promote food security in low-income communities. The agency participates in numerous collaborations and operates various programs such as the Emergency Food Pantry Network (serving over 39,000 people each month) that work toward securing food for low-income populations. HTFM is participating in a five-year study, the Food System Campaign (FSC), that will examine Milwaukee's food system from production to con-

sumption, and will develop collaborative projects to achieve food security. Broken down into three components, the study seeks to: (1) examine the flow of food into low-income demographic areas, (2) examine food access from a retail perspective, and (3) examine the opportunity for the low-income population to participate in food production by mapping the location of food processing, food production, and food distribution facilities in low-income neighborhoods. The program is innovative in its collaborative efforts and has the potential to become a model for undertaking community economic development in the interest of community food security.

VI. Conclusion

The current political atmosphere, which emphasizes reform of entitlement programs through reduction in program administration and costs, makes it increasingly important for communities to actively engage in efforts to promote food security. Emergency responses serve only as immediate, short-term solutions, and are thus ineffective

for sustaining community health and well-being. Efforts should focus on seeking innovative and creative measures to create a sustainable system of food accessibility. That system should integrate government assistance programs as a safety net, but emphasize long-term approaches to self-sufficiency. Job creation, employment training, and education, in conjunction with business partnership and private sector financing, should provide the economic framework for communities to advance toward self-reliance. Continuous monitoring of resource adequacy and community need must take place so that communities can chart their progress and adjust their strategies appropriately. Analysis and development of food and agricultural policies should remain a priority to ensure that they sufficiently address the concerns of the communities they serve. Failure to adopt a comprehensive approach to hunger prevention will widen the gap through which so many families fall when resources become more limited. Successful planning and coordination among the partners involved is a step in the right direction. ■

Appendix A

National Resources

American Association of Family and Consumer Sciences

1555 King Street
Alexandria, VA 22314
(703) 706-4600

Contact: Ann Chadwick

The American Association of Family and Consumer Sciences (AAFCS), formerly the American Home Economics Association, works to affect family policy and to improve the quality of personal and family life through education, research, cooperative programs, and public information. Publications include *Action*, a newsletter published five times a year; the quarterly *American Association of Family and Consumer Sciences Journal*; and the quarterly *American Association of Family and Consumer Sciences Research Journal*.

American Dietetic Association

216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
(312) 899-0040, (800) 877-1600, (800) 366-1655

Contact: Susan DuPraw

The American Dietetic Association (ADA) is the advocate for the dietetics profession, serving the public through the promotion of optimal nutrition, health, and well-being. Six ADA practice groups relate to the maternal and child health population: Public Health Nutrition, Dietetics in Developmental and Psychiatric Disorders, Pediatric Nutrition, Perinatal Nutrition, School Nutrition Services, and Nutrition Education for the Public. The National Center for Nutrition and Dietetics is ADA's public education initiative and offers consumer education through a toll-free Nutrition Hotline. Some publications are available in Spanish.

American School Food Services Association

1600 Duke Street, Seventh Floor
Alexandria, VA 22314
(703) 739-3900, (800) 877-8822

Contact: Barbara Borschow

The American School Food Service Association (ASFS) represents professionals engaged in school food service or related activities in public or private schools, preschools, colleges, and universities. The association distributes information on school food and nutrition programs and child nutrition legislation, and seeks to encourage and promote the maintenance and improvement of school food and nutrition programs.

Association of State and Territorial Public Health Nutrition Directors

415 Second Street, N.E.
Suite 200
Washington, DC 20002
(202) 546-2630

Contact: Karen Provert

The Association of State and Territorial Public Health Nutrition Directors (ASTPHND) promotes the achievement of optimal nutritional status for all sectors of the U.S. population. The association has a core membership of nutrition directors of the health departments of U.S. states, territories, commonwealths, districts, and possessions and an expanded membership of state public health nutritionists. It provides leadership in national and state food and nutrition policy, programs, and services through communication, education, research, and advocacy.

Bread for the World

1100 Wayne Avenue, Suite 1000
Silver Spring, MD 20910
Contact: Mark Barwick

Bread for the World is a nationwide Christian movement that advocates for the world's hungry people by lobbying the nation's decision makers. Its 44,000 members write, call, and visit members of Congress to advocate for legislative actions that help hungry people, and elevate the issue of hunger on the nation's policy agenda.

Center on Hunger, Poverty and Nutrition Policy

Tufts University School of Nutrition

11 Curtis Avenue

Medford, MA 02155

(617) 627-3956

Contact: Larry Brown

The Center on Hunger, Poverty and Nutrition Policy was established at Tufts University in 1990. Its purpose is to advance public policy choices that reduce hunger and poverty and enhance the development and productive capacities of American families and children. The Center conducts policy research and analyses, and works with governmental leaders and the media to promote greater understanding of policy alternatives for the nation.

Center for Nutrition Policy and Promotion

1120 20th Street, N.W., Suite 200, North

Washington, DC 20036

(202) 208-2417

Contact: John Webster

The Center for Nutrition Policy and Promotion under the U.S. Department of Agriculture develops dietary guidelines, the food guide pyramid, and distributes publications for health professionals and consumers.

Center for Science in the Public Interest

1875 Connecticut Avenue, N.W., Suite 300

Washington, DC 20009-5728

(202) 332-9110

Contact: Bonnie Liebman

The Center for Science in the Public Interest (CSPI) is a national consumer organization that focuses on health and nutrition issues. In addition to supporting policies that improve the nation's health, the organization publishes books, posters, and a magazine, *Nutrition Action Health Letter*.

Congressional Hunger Center

525 A Street, N.E., 4th Floor

Washington, DC 20002

(202) 547-7022

Contact: Gene Dewey

The Congressional Hunger Center is a bipartisan nonprofit dedicated to ensuring that issues of both domestic and global hunger remain at the forefront of national debate. The mandate of the Center is to lead, speak, and act on behalf of the poor, the hungry, and the victims of humanitarian crises—both domestic and international. The Congressional Hunger Center enacts its mission utilizing innovative programs focused on leadership development.

Community Nutrition Institute

910 17th Street, N.W. #413

Washington, DC 20006

(202) 776-0595

Contact: Rodney E. Leonard

The Community Nutrition Institute (CNI) is a leading advocate for consumer protection, food program development and management, and sound federal dietary and health policies. The Institute provides health policy analysis, information, and education to consumers, program managers, federal agencies, and lawmakers. CNI currently has three projects designed to ensure the availability of a safe, affordable food supply: (1) Coalition to Close the Loophole and Put Our Kids First, (2) Trade and Environment, and (3) New Council on Food Safety.

**Division of Nutrition Research Coordination
National Institutes of Health**

Natcher Building, Room 5AN-32

45 Center Drive MSC 6600

Bethesda, MD 20892-6600

(301) 594-8822

Contact: Van S. Hubbard

The Division of Nutrition Research Coordination (DNRC) of the National Institutes of Diabetes and Digestive and Kidney Diseases

(NIDDK) advises the National Institutes of Health (NIH) director and others on nutritional research issues. The Division also works with the NIH organizational components to coordinate nutrition research and training initiatives. Located within the DRNC is the NIH Nutrition Coordinating Committee (NCC), which operates as an NIH-wide forum and locus for the coordination of nutrition activities, helping NIH to avoid duplication of effort. Nutrition research supported by NIH includes studies on the effects of nutrients on human growth and development, health maintenance and promotion, disease prevention, and disease treatment.

**Food and Drug Administration
Office of Food Labeling**

200 C Street, S.W.
Washington, DC 20204
(202) 205-4561

Contact: Christine Lewis, Ph.D.

The Food and Drug Administration (FDA) Office of Food Labeling handles all FDA activities related to food labeling, including development of appropriate regulations, label reviews, and food labeling education materials. FDA is located within the Public Health Service, U.S. Department of Health and Human Services.

Food Research and Action Center

1875 Connecticut Avenue, N.W., Suite 540
Washington, DC 20009
(202) 986-2200

Contact: Geri Henchy

The Food Research and Action Center (FRAC) seeks lasting solutions to hunger and poverty in America. A nonprofit, nonpartisan organization, the Center works to increase access to adequate food for people in need, provide greater opportunity for America's poor, and publicize efforts of local groups concerned about hunger. FRAC develops grassroots networks, conducts litigation, performs research, provides information, and works toward the development of public policy.

Healthy Start...Food to Grow On

American Academy of Pediatrics
141 Northwest Point Boulevard
P.O. Box 927
Elk Grove, IL 60009-0927
(708) 228-5005, ext. 6787
Contact: Mark Grimes

Healthy Start...Food to Grow On is an information and education campaign that promotes healthful food choices and eating habits as part of an overall healthful lifestyle. The program targets families with young children ages 2–6 years. The campaign is a cooperative effort of the American Academy of Pediatrics, the American Dietetic Association, and the Food Marketing Institute.

**Georgetown University Center for Food and
Nutrition Policy**

3240 Prospect Street, N.W., Lower Level
Washington, DC 20007
(202) 965-6400

Contact: Dr. Robin Woo

The Center for Food and Nutrition Policy analyzes controversial issues in food and nutrition policy. The Ceres[®] Forum encourages communication and cooperation among government, industry, academia, and consumer groups by providing a neutral platform for open discussion of these issues. The impartiality of The Ceres Forum[®] ensures that all points of view are expressed, whether or not the Center's research findings concur. The Center and the Forum are affiliated with Georgetown University's Graduate Program in Public Policy. Priority issues researched include food and nutrition in health; regulation of food safety, health claims, and international trade; new technologies in the emerging global food system; and public understanding and communication of food and nutrition policy.

Interagency Council on the Homeless

451 7th Street, N.W., Suite 7274
Washington, DC 20410
(202) 708-1480

Contact: Marsha A. Martin

The Interagency Council was created by the Steward B. McKinney Homeless Assistance Act to provide federal leadership in coordinating assistance programs for homeless persons. The council comprises 17 federal agencies with oversight on various aspects of federal efforts on behalf of the homeless. The council provides technical assistance and publishes information concerning McKinney and other federal homeless assistance programs. The council maintains a list of official state contacts for homeless issues.

National Association of State Nutrition

Education and Training Program Coordinators
c/o Ohio Department of Education
65 South Front Street, Room 611
Columbus, OH 43266-0308
(614) 752-8997

The National Association of State Nutrition Education and Training (NET) Program Coordinators links State NET Coordinators and others in a national forum to provide a network to communicate selected ideas, materials, and procedures to persons working in the NET Program; to promote good management practices for the NET Program; to assist the NET Program at the national, state, and local levels; to promote sound programs for instructing, training, and developing purposes; and to act as a resource at the request of government bodies and individual legislators.

National Association of WIC Directors

P.O. Box 53405
Washington, DC 20009-3405
(202) 232-5492

The National Association of WIC Directors (NAWD) is a nonprofit organization that represents 86 state, territorial, and Native American WIC directors; 1,700 service delivery agencies throughout the nation; and more than 5.7 million program participants. The association uses its management expertise to advocate for the availability of quality health and nutrition services for low-income women, infants, and children.

National Family Farm Coalition

110 Maryland Ave., N.E., #307
Washington, DC 20002
(202) 543-5675

Contact: Katherine Ozer

The National Family Farm Coalition (NFFC) is an organization comprising 35 family farm and rural advocacy organizations across the country who work together to change federal farm and food policy. NFFC facilitates member organizations' efforts to develop strategies and actions that impact state and federal legislation and policies affecting the production, pricing, marketing, and processing of agricultural commodities with the goal of increasing family farm income and keeping farm families on the land. NFFC facilitates member participation in advocating positions on policy issues; works with member organizations in local actions and activities necessary to implement a coordinated and effective national campaign on NFFC priority issues; and assists member organizations in organizing direct action campaigns.

National Food Service Management Institute

P.O. Drawer 188
University, MS 38677-0188
(601) 232-7658

Contact: Beth King

The National Food Service Management Institute (NFSMI) is a resource center and information clearinghouse funded through a grant from the Food and Nutrition Service, U.S. Department of Agriculture. The Institute works to improve the operation and quality of child nutrition and related programs. It provides assistance in developing cost-effective methods to deliver nutritious meals and nutrition education to students, conducts research into effective management principles, operates activities to improve the quality and efficiency of food service, and maintains a national network of trainers for workshops and seminars. The Institute conducts multidisciplinary workshops related to nutrition management of children with special nutritional needs in the school setting and has available an annotated bibliography of resource material on this topic.

**Nutrition and Health Campaign for Women
American Dietetic Association**

216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
(312) 899-0040

Contact: Barbara Sudcliffe

The Nutrition and Health Campaign for Women represents a national effort to provide scientifically supported nutrition information to help women make decisions for good nutrition and healthy lifestyles. The campaign's two primary goals are to focus attention on the subject of nutrition in the overall discussion of women's health, and to elevate the role of nutrition in health, disease prevention, and overall quality of life. The campaign has designed a kit for ADA members that includes fact sheets on how nutrition relates to breast cancer, heart disease, osteoporosis, and excess weight. The campaign has also produced a brochure and poster on nutrition and women, tips on how to launch local nutrition campaigns for women, how to persuade investigators to include nutrition in their research activities, and how to work with the media.

Public Voice for Food and Health Policy

1101 14th Street, N.W., Suite 710
Washington DC 20005
(202) 371-1840

Contact: Zy Weinberg

Public Voice for Food and Health Policy is a national research, education, and advocacy organization that promotes a safer, healthier, and more affordable food supply for all Americans. The Public Voice advances the interests of consumers by fostering policies that enhance public health and protect the environment. The organization focuses on a full spectrum of food system policy issues including how food is grown, how safely it is processed, how it is marketed, and the adequacy of the food delivery system.

Save the Children Federation

1200 G Street, N.W., Suite 800
Washington, DC 20005
(202) 434-8976

Save the Children Federation (SCF) is a non-profit, nonsectarian organization with a mission to make lasting positive differences in the lives of disadvantaged children both in the United States and abroad. The Federation's core development philosophy stresses the importance of engaging community members in problem analysis, action planning, and concerted community and family efforts to address the variety of obstacles inhibiting the successful development of children and society. It works in the following key sectors: health, population, nutrition, education, economic opportunities, and commodity-assisted development emergency response.

Second Harvest

116 S. Michigan Avenue, Suite 4
Chicago, IL 60603-6001
(312) 263-2303

Contact: Kristi Brown

The mission of Second Harvest is fourfold: (1) feed the hungry by soliciting and judiciously distributing marketable but surplus food and grocery products nationwide; (2) develop, certify, and support Second Harvest food banks that channel food and grocery products to local nonprofit charities that provide services to the needy; (3) serve as a liaison between food banks and donors; and (4) educate the public about the nature of hunger and solutions to the problem.

Share Our Strength

1511 K Street, N.W., Suite 940
Washington, DC 20005
(800) 969-4767

Contact: Laura Strickler

Share Our Strength works to alleviate and prevent hunger and poverty in the United States and around the world. By supporting food assistance, treating malnutrition and other consequences of hunger, and promoting economic independence among people in need, SOS meets immediate demands for food while investing in long-term solutions to hunger and poverty. Share Our Strength mobilizes industries and individuals to contribute their talents to its antihunger efforts

and creates community wealth to promote lasting change.

Society for Nutrition Education

2001 Killebrew Drive, Suite 340
Minneapolis, MN 55425-1882
(612) 854-0035

Contact: Susan Vaughn

The Society for Nutrition Education (SNE) is an organization of more than 2,000 nutrition educators in dietetics, public health, home economics, medicine, industry, and education. The Society works to promote the nutritional well-being of people worldwide. Publications include the bimonthly *Journal of Nutrition Education* and the *SNE Communicator*, a newsletter that appears quarterly.

U.S. Department of Agriculture

The following entries are all located in the U.S. Department of Agriculture:

Cooperative State Research, Education, and Extension Service

U.S. Department of Agriculture
14th Street and Independence Avenue, S.W.
Ag. Box 0925
Washington, DC 20205-0900
(202) 720-8855

Contact: Wells Willis

The U.S. Department of Agriculture (USDA) Cooperative State Research, Education, and Extension Service is a partnership of the federal government, state land grant universities, and county governments. Local offices can be contacted through county governments. The service conducts a variety of activities, including public education about agriculture, foods, and nutrition, some of which are listed below:

**Cooperative Extension System
Cooperative State Research, Education, and Extension Service**

U.S. Department of Agriculture
Room 3328, South Building

Washington, DC 20250-0900
(202) 720-4651

Contact: Judith A. Bowers

The Cooperative Extension System (CES), a national educational network established through legislation, is a partnership of the U.S. Department of Agriculture, state land-grant universities, and county governments. The system is committed to providing comprehensive, flexible, and responsive programs that meet the needs of families with young children and limited resources. Objectives of the network are to create community coalitions and build on successful paraprofessional models that support children, provide access to comprehensive education, and improve families' skills. Trainings focus on issues in nutrition, money management, and parenting in order to raise children that are physically, intellectually, socially, and emotionally ready for school and life. The system also supports, participates in, and serves as a catalyst for the creation of collaborative efforts with other community groups.

**Community Food Project
Cooperative State Research, Education and Extension Service**

U.S. Department of Agriculture
Stop 2225
Washington, DC 20250-2225
(202) 720-5997

Contact: Dr. Elizabeth Tuckermanty (Internet: etuckermanty@reeusda.gov)

The USDA's Community Food Project grants provide a mechanism for communities to develop comprehensive strategies to access nutritious, affordable food for low-income people through local food projects such as community gardens, farmers markets, etc. The grants provide a one-time infusion of assistance, with \$2.5 million available for communities in fiscal year 1997.

Following are a few of the programs funded through the Community Food Projects grant:

Loyola University, New Orleans, LA
The Economics Micro-Enterprise
Development Initiative

The project establishes a partnership between rural growers and inner-city dwellers to cultivate small businesses from a thriving farmers market. The community enterprises that result from this project will enhance local agriculture and provide public housing residents with a means to attain economic self-sufficiency.

Missoula Nutrition Resources, Missoula, MT
Garden City Harvest Project

This comprehensive project includes many activities strongly rooted in the community and linked to varied community organizations. The goal is to develop a community farm as well as neighborhood and backyard gardens, using sustainable agriculture methods. Participants will grow, harvest, glean, and distribute fresh produce to people in need. This project will demonstrate to the community the art, science, and practice of sustainable agriculture while reducing dependence on outside sources of produce, encouraging community service and volunteer opportunities, and addressing welfare reform.

Nuestras Raices, Inc., Holyoke, MA
Centro Agricola (Community Agricultural Center)

This project combines a greenhouse classroom, children's garden projects, food farm awareness, micro-enterprise development with kitchens, and micro-processing to create value-added products for retail sale. The project services a predominantly Hispanic population.

Expanded Food and Nutrition Education Program

Cooperative State Research, Education, and Extension Service

U.S. Department of Agriculture
Washington, DC 20250
(202) 720-2980

Contact: Ester Carter

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program designed to assist low-income families and youth acquire the knowledge, skills, attitudes, and changed behaviors necessary to follow nutritionally sound diets. The program contributes to their personal development and the improvement of total family diet and nutritional welfare. Extension professionals train and supervise paraprofessionals and volunteers who then teach food and nutrition information and skills to the participants. All nutrition education is tailored to the needs, interests, financial resources, ethnic backgrounds, and learning capabilities of EFNEP participants.

Food and Consumer Service

U.S. Department of Agriculture
Nutrition Services and Education Branch
Nutrition and Technical Services Division
3101 Park Center Drive
Alexandria, VA 22302
(703) 305-2554

Contact: Mary Ann Saunders

The U.S. Department of Agriculture Food and Consumer Service (FCS), formerly the Food and Nutrition Service, responds to inquiries and provides information and publications on federal maternal and child nutrition programs, including the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Nutrition Education and Training Project (NET), and the Commodity Supplemental Food Program (CSFP).

Food and Nutrition Information Center

U. S. Department of Agriculture
National Agricultural Library
10301 Baltimore Boulevard, Room 304
Beltsville, MD 20705-2351
(301) 504-5719

The Food and Nutrition Information Center (FNIC) responds to inquiries and provides information, publications, and audiovisual materials on nutrition, food service management, food technology, nutrition across the life cycle, and other related topics. Publications target professionals, educators, and consumers.

Special Supplemental Food Programs Division

Food and Consumer Service
U.S. Department of Agriculture
3101 Park Center Drive, Room 540
Alexandria VA 22302
(703) 305-2746

Contact: Barbara Hallman

The Special Supplemental Food Programs Division of the USDA Food and Consumer Service sponsors the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). WIC programs, administered by state health departments or comparable agencies through federal grant funds, provide specified supplemental foods, nutrition education, and health care referrals for low-income pregnant, postpartum, and breastfeeding women and for infants and children up to age five.

Appendix B

District Resources

Bread for the City and Zacchaeus Free Clinic, Inc.

1525 7th Street N.W.
Washington, DC 20001
(202) 265-2400
Contact: George Jones

With the assistance of volunteer labor and private donations, Bread for the City and Zacchaeus Free Clinic (B&Z) staff provide services at no cost to their clients (the working poor and the unemployed of the District). B&Z aims to provide a dependable environment for people in need of assistance, where they know they will always be treated with dignity and respect. The food program of the clinic provides 3,000 households each month with a 3-day supply of food, including rice, dried beans, cereal, and canned fruit and vegetables, serves the elderly and disabled and low-income parents with children, holds an annual food drive that provides thousands of families with full holiday meals, and provides food to other agencies to deliver to homebound clients.

Capital Area Community Food Bank

645 Taylor Street, N.E.
Washington, DC 20017
(202) 526-5344
Contact: Therese Madden

The Capital Area Community Food Bank is committed to achieving and sustaining a consistent food supply for distribution to community organizations that serve people who suffer from hunger in the Washington area. Some 600 feeding programs in the District of Columbia, Northern Virginia, and suburban Maryland rely on the resources of the Food Bank, which provides over 800,000 meals a month.

Central Union Mission

Family Services Program
1350 R Street, N.W.
Washington, DC 20009
(202) 745-7118
Contact: Reverend Jack Martin

The Central Union Mission provides numerous services to meet the needs of homeless, hungry, and working poor families in the District of Columbia. The program provides food, clothing, furniture distribution, literacy training classes, crisis intervention, and workshops and classes to provide the tools needed to restore and renew troubled families.

Community Supplemental Food Program

2100 Martin Luther King Avenue, #400
Washington, DC 20020
(202) 605-5518
Contact: Richetta U. Webb

The Community Supplemental Food Program provides food and nutrition to eligible women, children, and seniors in the District of Columbia.

D.C. Central Kitchen, Inc.

425 2nd Street, N.W.
Washington, DC 20001
(202) 234-0707
Contact: Chapman Todd

The mission of D.C. Central Kitchen is to coordinate and transport the surplus foods of caterers, restaurants, hotels, and other food service businesses. This food is used to feed needy children and adults at shelters and feeding programs throughout the Washington area. The Kitchen also operates a training program to allow motivated persons to gain knowledge and hands-on experience while helping them obtain substantive employment in the food service industry.

D.C. Department of Recreation and Parks (Early Childhood Branch)

3149 16th Street, NW
Washington, DC 20010
(202) 576-7266

Contact: Benny McCottry

The D.C. Department of Recreation and Parks (DRP) provides leisure services for youth and families, including senior citizens and physically and mentally challenged persons. The DRP provides safe and well-maintained parks and recreation buildings. The delivery of stimulating, enriching and culturally sensitive programs is also a focus, along with forging community partnerships. The DRP also serves breakfast, lunch, and snacks according to USDA guidelines and increases five-a-day nutrition awareness in daycare centers.

D.C. Hunger Action

1317 G Street, N.W.
Washington, DC 20005
(202) 347-3256

Contact: Colleen Fee

D.C. Hunger Action fights hunger and poverty in the District of Columbia through information and referral, advocacy, and direct services. Programs include promoting school breakfast and summer food service programs along with the school system, educating low-income populations about food resources available to them, monitoring food stamp offices to ensure compliance with federal regulations, and educating the public about the causes and effects of hunger.

D.C. Public Schools Food Service Branch

3535 V Street, N.E.
Washington, DC 20018
(202) 576-7400

Contact: Barbara Adams

The Food Service Branch provides hot meals to DC school children and also provides a variety of other educational services concerning nutrition (e.g., information on the food guide pyramid). Programs and services include workshops for parents, grocery store tours, and encouraging of local vendors to modify current products reducing saturated fats).

Dairy Council of Greater Metropolitan Washington

1985 Isaac Newton Square, South, Suite 100
Reston, VA 22090-5008
(703) 709-0922

The Dairy Council of Greater Metropolitan Washington, an affiliate of the National Dairy Council, is a nonprofit educational and scientific organization devoted to nutrition education. The council works to encourage food selection patterns that include dairy foods and other major food categories, in accordance with scientific recommendations. Services include nutrition education workshops and seminars, educationally sound nutrition materials and programs, and assistance on nutrition education planning committees.

Food and Friends

58 L Street, S.E.
Washington, DC 20003
(202) 488-8278

Contact: Craig Shneiderman

Food and Friends is an AIDS service organization that prepares and delivers meals that meet the special nutritional needs of people living with HIV/AIDS. Six days a week, volunteers provide more than 1,000 nutritious meals daily in the District of Columbia to individuals and families throughout Washington, Maryland, and Virginia. Individualized nutritional assessments and counseling, cooking classes, and workshops make up the "Nutrition and Education Support Project," a program designed to help those newly diagnosed with HIV. "Groceries to GO" provides frozen meals, canned goods, and fresh produce to clients living outside the current 625-square-mile delivery area, or to those requiring culturally familiar foods.

Loaves and Fishes

1525 Newton Street, N.W.
St. Stephen and the Incarnation Episcopal Church
Washington, DC 20010
(202) 232-0900

Contact: Joseph Umstead

Loaves and Fishes provides free, hot meals at noon every Saturday, Sunday, and federal holiday

in a comfortable, friendly atmosphere. Loaves and Fishes also aims to make its guests self-sufficient. Guests can sign up for Food Stamps and obtain information on resource agencies without leaving the dining room. Other services at St. Stephen's include job counseling and medical care.

Rachael's Women's Center

1222 11th Street, NW
Washington, DC 20005
(202) 682-2077

Contact: Francesca Thompson

Rachael's Women's Center helps homeless women meet the basic daytime needs of food, shelter, hot showers, and laundry facilitates and provides them with support and guidance to help make the transition from homelessness.

Samaritan Ministry of Greater Washington

1516 Hamilton Street, N.W.
Washington, DC 20011
(202) 722-2280

Contact: Carter Echols

The Samaritan Ministry of Greater Washington helps people who are homeless or in need gain self-sufficiency through employment counseling, social services, tutoring, life skills, parenting workshops, housing, emergency services, and child care.

So Others Might Eat (SOME)

71 O Street, N.W.
Washington, DC 20001
(202) 797-7562

Contact: Linda Plitt Donaldson

So Others Might Eat (SOME) offers comprehensive social services to the homeless and low-income community ranging from providing meals, hot showers, and clothing to comprehensive medical and dental care. SOME also runs many other programs that deal with the root causes of homelessness. Programs include two 90-day residential drug treatment programs; two 90-day residential employment programs; a day program for the mentally ill; counseling and case management for drug addiction; two day centers for the elderly; permanent, affordable housing for over 225 for-

merly homeless people; and a shelter for the abused elderly.

WIC State Agency

Office of Nutrition Programs
2100 Martin Luther King Avenue, #409
Washington, DC 20020
(202) 645-5662

Contact: MariaElena Martinez

The WIC State Agency provides nutrition education, counseling services, and food supplements to high-risk pregnant, breastfeeding, and post-partum women, and to infants and children under five years of age.

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About the DC Family Policy Seminars

The DC Family Policy Seminar (DC FPS) is a collaborative project of the Georgetown University Graduate Public Policy Program (GPPP) and its affiliate, the National Center for Education in Maternal and Child Health (NCEMCH). The mission of the DC FPS is to provide accurate, relevant, nonpartisan, timely information and policy options concerning issues affecting children and families to District policymakers.

The DC Family Policy Seminar is coordinated by Shelley Stark, Project Director, National Center for Education in Maternal and Child Health, 2000 15th Street North, Suite 701, Arlington, VA 22201. (703) 524-7802

To receive additional information about the DC Family Policy Seminar, or to request copies of the following briefing reports or highlights, please contact Helena Wallin or Antoinette Laudencia at (703) 524-7802.

- *Keeping our Kids Safe: Preventing Injury in DC Schools*. September 1996
- *Fundraising for Family-Centered Organizations in the District*. July 1996.
- *Strengthening Families: Parenting Programs and Policies in the District*. April 1996.
- *Transitioning from Welfare-to-Work in the District: A Family-Centered Perspective*. February 1996.
- *Helping Families and Schools Get it Done: Mentoring Interventions in the District*. November 1995.
- *Caring for our Children: Meeting the Needs of Low-Income, Working Families in the District*. September 1995.
- *Families that Play Together: Recreation and Leisure in the District*. July 1995.
- *HIV/AIDS: Helping Families Cope*. April 1995.
- *Substance Abuse Prevention and Treatment Programs: A Family Approach*. February 1995.
- *Family-Friendly Welfare Reform: Using Welfare Policies to Strengthen the Family*. November 1994.
- *Preventing Family Violence*. September 1994.

- *Preventing Adolescent Violence*. May 1994.
- *Preventing Teen Pregnancies*. December 1993.