



Society of St. Andrew

Gleaning America's Fields—Feeding America's Hungry

Quarterly Report

VOLUME 39

NUMBER 2

2022

\$400 Away From A Crisis

Almost 40% of Americans are a single \$400 emergency expense away from a financial crisis. A recent study published by the Federal Reserve highlighted this shocking statistic. (Federal Reserve, 2021)

This study surveyed tens of thousands of American individuals and discovered that a solitary, minor financial setback could cause a domino effect of catastrophe.

Their responses revealed that 4 out of every 10 adults believed if an emergency expense arose—their vehicle broke down or they faced unexpected medical bills—they would not have ready cash to pay for that expense. Replacing the car tires or going to the doctor would have upfront costs, that might not be in the family budget.

When figuring out how to cover that upfront cost, participants shared that their options include: putting the balance on a credit card and paying it off over time (multiplying the emergency's cost with high-interest rates); borrowing the money from a family member; selling something personally valuable; taking out a higher-interest "payday" loan, or simply being unable to pay another critical bill—utilities, rent, groceries, etc.

Unpaid utilities, mortgages or rents, and car payments can quickly spiral into situations that derail and disrupt the most stable of homes for long periods of time.

"Minor" emergencies happen every day... which makes it so unsettling to think how many homes, making ends meet each month, could be quickly thrown into a crisis situation.

It's also plain to see how important your support of the Society of St. Andrew's mission to end hunger is, right here in this country—in your community.

Paying the rent or getting critical medication, paying the light bill or putting food on the table—these shouldn't ever have to be "either-or" choices, for anyone!

Unfortunately, when the funds can't stretch far enough to cover all the expenses, utilities and rent take precedence over health care and nutrition. This problem is compounded when the least expensive foods available are highly-processed, nutritionally-void filler foods. These foods have calories that fill hungry bellies, but lack the nutrients that grow healthy bodies and minds.

That's where you and SoSA come in! When you give financially to SoSA or volunteer as a gleaner, you ensure that farm-fresh, nutrient-rich food is on the tables of families struggling to get by. You may very well be helping them get back on their feet after an unexpected and devastating setback. ■

Source: "<https://www.federalreserve.gov/Publications/2021-Economic-Well-Being-of-Us-Households-in-2020-Dealing-with-Unexpected-Expenses.htm>." Board of Governors of the Federal Reserve System; 5/19/2021





January–March 2022 Totals

Fresh food saved and donated to feed hungry people

Nourishing Food Shared	4,397,539 lbs
Servings of Fresh Food Provided	17,590,156
Events	671
Volunteers	2,228
Farms/Providers	137
Distributing Agencies	471

Total Historical Pounds
Total Historical Servings

967 Million
3.86 Billion

Abundance Orchard for VBS!

Year 1: Old Testament
Year 2: New Testament

Learn more and order
your VBS program at:

EndHunger.org/vbs

**Plan for your church's summer Vacation Bible
School now.**

Both programs offer a FREE complete hunger
action-themed VBS, a 2-3 hour program for up
to 5 days.



Source: Rao M, Afshin A, Singh G, et al; Do healthier foods and diet patterns cost more than less healthy options? A systematic review and meta-analysis; published:BMJ Oct 2013; <https://bmjopen.bmj.com/content/3/12/e004277>

Healthy Diets Cost More

by Andy Lemmon

When the new year began, did you resolve to eat better?

Like many new converts to healthier eating, you may have been dismayed to find your weekly grocery bill increasing dramatically as you got into the habit of spending more time at home, preparing, cooking, and eating your “new”, healthier diet. Many average families—and a significant proportion of low-asset families—are unable to eat consistently healthier food, because it requires more resources (time and money) than they have in a day.

In 2013, Harvard University research discovered diets rich in healthy food choices cost \$500 more per year—per person—than diets with unhealthier (but cheaper) food choices. That means a family of four needs \$2,000 extra dollars each year to eat a diet full of healthier food choices!

Thinking about families only \$400 away from a crisis and many more struggling to feed everyone at the table some kind of food, healthy or not—It’s no wonder millions of Americans fall behind and struggle to ever catch back up!

“...To fix the food system, you need to [...] encourage the growth of production and distribution networks that favor high-quality, healthy foods.” (Harvard, 2013)

Many families apply for and are denied governmental support like SNAP (Supplemental Nutrition Assistance Program) benefits (formerly known as food stamps). Their income may be just dollars above the threshold or they may have exhausted lifetime use limits. And IF a family qualifies for SNAP benefits and receives a monthly stipend for food, it is often not enough to cover healthy choices at the store, even if they really want to.

SNAP benefits are based on the USDA’s “Thrifty Food Plan” which says a proper meal can/should cost \$1.82. This is hard to understand when experience tells you a fast food (think cheap and not-so-healthy) restaurant charges \$4-\$7 per meal. The Thrifty Food Plan assumes the resources to store food safely, working kitchen equipment, and the knowledge and time to shop for and prepare large meals consisting of only healthy food choices.

When the SNAP allotment runs out before the end of the month, or the funds just aren’t available to put fruits and vegetables in the cart, your gifts to The Society of St. Andrew can provide a much needed neighborhood-based solution: freshly harvested produce, free of charge, filled with amazing nutritional value, and available right when it’s needed. ■

Overwhelming Acronyms Explained

After learning of the precarious and unreliable financial situation facing millions of Americans, there are some who would encourage families with legitimate needs to seek temporary, emergency assistance from the many governmental support programs offered to them.

SNAP

The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, provides funds to families, living at or below the poverty line to purchase food.



TEFAP

The Emergency Food Assistance Program (TEFAP) provides funding to state agencies, rather than individuals, for the purchase and distribution of USDA foods through community agencies, like food banks.



NSLP

The National School Lunch Program (NSLP) provides nutritional lunches to children at public schools, nonprofit private schools, charter schools, and even some childcare facilities, at no cost or a reduced cost. This program is currently up for renewal. Contact your legislator if this issue is important to you.

SBP

The School Breakfast Program (SBP) provides funds to states for the operation of nonprofit breakfast programs at schools and childcare centers.

WIC

The Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides access to food for pregnant, breastfeeding, and postpartum women, and their children under 5 years old.



CSFP

The Commodity Supplemental Food Program (CSFP) serves low-income elderly persons— who are at least 60 years of age— by providing them with access to USDA foods, often through food banks and pantries.

CACFP

The Child and Adult Care Food Program (CACFP) provides reimbursements for nutritious meals and snacks to children and adults enrolled in participating child care centers, adult day centers, afterschool programs, shelters— and adults with a disability living in a care facility.

SFSP

The Summer Food Service Program (SFSP) supports programs that serve free healthy meals and snacks to children and teens in low-income areas when school is not in session.

Despite the array of governmental programs addressing hunger and nutrition, many families struggling do not qualify for assistance because of income thresholds— they must rely on local food pantries or other agencies for assistance.

These programs also fail to adequately address the needs of many because of varying state regulations and inconsistent limitations on the number of months a person can access these services/benefits in their lifetime.

As a result, there are millions of American families falling through the cracks in the system every year.

Ultimately, those families must turn to nonprofit organizations to prevent a small financial crisis from turning into a hunger and nutrition crisis for families that live around the corner, in this land of abundance. ■



Addressing Hunger & Nutrition

Food insecurity is a broader term than “hunger”. It better describes the complicated state where a person’s ability to access an adequately nutritious diet is unstable or insecure—often leading to a disruption of food intake for a period of time.

This condition can either be temporary or persistent. Most commonly, families in need experience food insecurity at the end of difficult times when paychecks, savings, and other support are spent and will not be renewed until the following month. This leaves them unable to obtain adequate qualities and quantities of food.

To measure food insecurity, the USDA asks people difficult questions, such as:

“Did you or any adults in your household ever cut the size of your meals or skip meals because there wasn’t enough money for food?”

“Did you ever cut the size of any of the children’s meals because there wasn’t enough money for food?”

It’s heartbreaking to think anyone in this country would have to answer yes to those questions. In fact, those who answer yes are more than hungry—they are failing to grow, develop, and thrive, potentially causing a lifetime of health issues.

“There is growing awareness that health outcomes and disparities, more often than not, are driven by social

determinants of health than by medical care. [...] Poverty and food insecurity are associated with some of the most serious and costly health problems in the nation.” (FRAC, 2017)

It is vitally important to share healthy and nutritious foods with these families and other hunger relief agencies. Through your gifts to SoSA, you do just that! You bring people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors.

Your impact goes beyond your community, as SoSA’s regional gleaning networks and large load distribution program reach areas of greatest need across the nation.

Together with farmers, volunteers, and other donors, you make it possible to bring farm-fresh, hand-picked goodness to families who appreciate the gift of free food — as well as

knowing their neighbors cared enough to share it.

Rather than a box containing starchy or sugary foods low in nutritional value, often SoSA volunteers bring these types of nutritionally valuable types of fruits and vegetables straight from the farm fields directly to people and agencies in need, across SoSA’s nationwide network.

Citrus Fruits

Even though Florida is famous for its oranges, SoSA’s network gleans and distributes citrus fruits in multiple states including oranges, grapefruits, satsumas, and even some less-familiar types like pommelos.

While these fruits contain high amounts of flavonoids and fiber, their primary value is the Vitamin C in each fruit— which has antioxidant properties and supports the immune system.





ion



Through SoSA's national network, your donations provide calories AND nutrition necessary for the healthy growth and development of individuals in great need. You answer their prayers for today and provide hope for tomorrow.

Leafy Greens

While lightweight, these dark, leafy greens are dense with nutrients such as iron, calcium, and vitamins A, C, and K. These types of foods may also help ward off heart disease, type 2 diabetes, and even some cancers.

Sweet Potatoes

A nutritional powerhouse—the average-sized sweet potato contains more than 100% of the recommended daily value for beta-carotene. They also contain several grams of fiber, multiple grams of protein, and a useful amount of potassium, manganese, and vitamins B and C. Other studies show they may help regulate blood sugar and cholesterol.

Blueberries

While blueberries are loaded with vitamins and minerals, their well-known claim to fame rests on their antioxidants which are proven to protect cells from pollution, toxins, and radiation. A recent study showed that blueberries have the highest antioxidant capacity of any berry.



Recent Individual Donations

These names represent gifts made “In Memory Of” and “In Honor Of” special people and/or significant occasions. As loved ones are honored or remembered these gifts bring people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors. Thank you.

In Memory Of

Ruth Alber
Maureen Archer
Daniel & Alice Barrientos
Linda McCarthy Bosiger
Fred Bowers
Lexie Brown
Jeanette Charles
Bud Curtis
Dad
Leonard “Bud” Digiacomo
Palmer W. Fant
Ginny Gentry
R. Sam Gentz
E. Rae Harcum
Birdie Harvey
Joe Heins
Elmira Holcey
Johnny & Pat Inge
Mary Ana Kelly
Ron Kiley
John Lehman
Rev. Mitch Luckie
Baby Julie Mackin

Jean Makoujy
Clarine Mays
Mary Alice Mormon
Linda Winslow Perry
Larry Powell
Jo Richardson
Ryan
Bob Sherman
Bertie & Darwin Smith
Linda Surratt
Joseph Clyde Thompson
Mrs. Tinsmann
J. Glenn Wilson

In Honor Of

Agape Class - Fair View Umc
Ashley Benbow
Robert J Brooks
Calvary UMC-Food Pantry
Calvary UMC, Villa Park
Carol Croft
Elizabeth Street UMC In
Durham
David Feldpausch
Lewis Gardner
Rev. Walter & Elizabeth
Gaskins, Jr.
Rev. Doug Gunsalus
Rev. James A. Harris
Lou Harris
Louanne Hill
Lisa & Tom Hite
Ken Horne
Shirley Livengood
Colleen and Rich Meiser
Mom
Mom and Dad
Lucinda Neff
Ryan
Kathy Spradlin
Rev Paul Thombs
Frances Unruh
The Wedding Of Anem Waheed
and Owais Khan



A 2-question screener to share with your doctor or healthcare provider.

Recommended by the AARP and the American Academy of Pediatrics.

This simple sheet of paper allows you to partner with your healthcare provider in the mission to end hunger. Invite your doctor or another healthcare provider to use the 2-question screener to discreetly identify and support their patients who might need access to local resources, such as emergency food assistance.

All you need to do it to bring the informational sheet, found online, to your next doctor's appointment.

EndHunger.org/justask



THANK YOU TO THE FOLLOWING FOUNDATIONS & CORPORATIONS

that donated \$1,000+ in the 1st quarter of 2022

These foundations and corporations recently made contributions to the Society of St. Andrew as a part of their organizational alignment with SoSA's mission.

Atmos Energy Corporation Dallas, TX
Canfield Memorial Trust Indianapolis, IN
CP and MG Lunsford Charitable Trust Las Vegas, NV
Durham Congregations In Action Durham, NC
Fidelity Charitable Gifts Cincinnati, OH
Foundation For The Carolinas Charlotte, NC
Give Lively Foundation New York, NY
J.P. Morgan Charitable Giving Fund Jenkintown, PA
L.B. Lane Family Foundation Hickory, NC
The Meera and Ashok Vasudevan Foundation Stamford, CT
The Memorial Foundation Hendersonville, TN
Network For Good Bethesda, MD
Northpark Realty LP Ridgeland, MS
Robert and Dee Leggett Foundation Great Falls, VA
San Antonio Area Foundation San Antonio, TX
Southeast Produce Council Millen, GA
The American Online Giving Foundation Newark, DE
The New York Community Trust New York, NY



Volunteer Spotlight

Bicentennial Bliss

Sherry Wornam spearheaded a fundraiser for Society of St. Andrew and raised \$2,022 in 2022!

Sherry is the office manager and general-Jill-of-all-trades, at Zion UMC in Seaford, VA. She and the rest of the church staff team planned a powerful year of service to commemorate the church's bicentennial in 2022.



Pictured above: Sherry and Rev. David Magruder shown with the Adopt A Bushel Display where congregants picked up information and dropped off donations.

Together, they set a lofty goal of addressing a different service project every month this year.

"When I saw the Adopt a Bushel Project, I knew it would be a good fit. The project seemed doable. I loved how the sheets explained how every person (and donation) made a difference in sharing healthy food through SoSA."

While researching options for a congregation-wide program focused on ending hunger, she found SoSA's Adopt a Bushel (ABFN) Program and knew this would be perfect for their February project.



The congregation decided they would make the ABFN fundraiser a part of their "Share The Love" Sundays in February and set a goal to raise \$1,000 through the program for The Society of St. Andrew, as they also filled more than 200 Valentine gift bags to provide sweet treats and encouraging words to accompany the food distributed from the church's food pantry.

At the ABFN kick-off, during a Sunday service in February, a volunteer gave a short introduction to SoSA; the mission to prevent waste; and the value of sharing abundant food from local farms. Each week, those present visited the beautiful ABFN display and picked up veggie infosheets. Many even made donations on the spot!

By the end of the month, Zion UMC raised \$2,020. They reached and even doubled their goal! Sherry was ecstatic.

In an effort to make a memorable headline, Sherry donated another \$2— so they could raise \$2,022 to kick off their incredible year! ■



**Adopt a Bushel,
Feed a Nation**

**A 30-Day, Fundraising
Challenge that raises
\$806 when your
team works together
to help feed
people in need**

Take the challenge!
Encourage your class,
faith community, group,
organization, or business
to adopt a bushel of
fruits and vegetables to
support the gleaning
and feeding work of the
Society of St. Andrew.

**Get details here:
EndHunger.org/abfn**

**For information about SoSA programs call 800-333-4597 • info@EndHunger.org • EndHunger.org
EndHunger.org/signup**

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