Second Harvest Food Bank of Central Florida
- MOrtiz@feedhopenow.org
- 411 Mercy Drive Orlando, FL 32805
- 407-514-1043
- www.foodbankcentralflorida.org
Second Harvest Food Bank of Central Florida is a private, non-profit organization that collects and distributes donated food to more than 500 nonprofit partner agencies in six Central Florida counties: Brevard, Lake, Orange, Osceola, Seminole and Volusia. Give back through financial contributions or volunteering in the warehouse.

No Child Hungry
- William@myneighborschildren.org
- 321-436-7767
- www.myneighborschildren.org
No Child Hungry is the feeding program of My Neighbor’s Children (MNC). Through “meal packing events”, food drives, and financial support, MNC and our partner International Children’s Rescue Ministry are able to provide food for children here in the United States and Abroad.

Sunday Knight College Food Share
- vucf_hunger@ucf.edu
- 24 North Rosalind Avenue Orlando, FL 32801
- www.straightstorlando.com
Every Sunday night, college students lead a feeding with Straight Street Orlando! This will be a great opportunity to interact with the homeless and help feed the hungry.

Answers:

1. False. Hunger is not just an issue for the people who struggle with poverty and homelessness. For many food banks, a large majority of their clients have at least one employed person in the household, but after the rent, mortgage and other bills are paid, there is not enough leftover to purchase sufficient meals.

2. Over 14 million.

3. Food Deserts are areas or neighborhoods where residents do not have access to a grocery store that provides the healthy and affordable foods that are necessary for a healthy diet. These districts are often found in the lower-income areas of cities, where fast food and unhealthy options are the only food items available. While fast food items are commonly perceived as inexpensive, they are actually significantly more expensive than healthy food items that are prepared in the home.

4. True. More than 2 million rural households experience food insecurity—meaning they don’t have dependable access to enough food to support a healthy life.

5. Factors include (but are not limited to):
- Poverty
- Lack of affordable housing
- Job loss
- Lack of healthcare
- Mental illness
- Substance abuse
- Domestic violence

6. False. According to the USDA more than 17 million children are living in food-insecure households. School lunch programs do help, but they don’t solve the whole problem.

7. No, hunger exists everywhere in America. It does not matter if you live in a urban, suburban or rural setting - hunger has no boundaries.

8. Every single county.

9. Over 3.5 million people will experience homelessness.

10. No, in the US, hunger isn’t caused by a lack of food, but rather the continued prevalence of poverty.
1. True or false, most individuals struggling with hunger and homelessness are out of work?

2. How many American children rely on food banks for assistance?

3. What is a food desert?

4. True or false, more than 2 million rural households experience food insecurity.

5. Name at least three factors that can contribute to a person becoming homeless.

6. True or false, very few children struggle with hunger because there are programs to take care of them?

7. Does hunger only exist in urban areas?

8. How many counties in the United States are affected by homelessness?

9. In one year, how many people are expected to experience homelessness?

10. Is hunger in America caused by a lack of food?

OPPORTUNITIES TO GET INVOLVED:

Coalition for the Homeless
marty.vevera@cflhomeless.org
639 W. Central Blvd, Orlando, FL 32801
407-872-5784
www.centralfloridahomeless.org
If you have time, passion, or a special talent, you can help give back to the Coalition by serving meals, sorting donations, and working with children.

Community Food and Outreach Center
volunteer@communityfoodoutreach.org
150 W. Michigan Street, Orlando, FL 32806
407-308-0233
www.communityfoodoutreach.org
Volunteers can give back by cleaning and organizing the grocery store and thrift store. This will be a great opportunity to help and learn about the Community Food and Outreach Center!

Habitat for Humanity
JGallagher@habitat-orlando.org
4116 Silver Star Rd. Orlando, FL 32808
407-440-6979
www.habitat-orlando.org
Come out and offer a hand to humanity by building a house for someone who needs it! Orlando has one of the highest rates of homelessness in the country. Why not solve this problem as a community, one house at a time?

IDignity
Carla@IDignity.org
424 E. Central Blvd. #199 Orlando, FL 32801
407-454-2834
www.idignity.org
Restore dignity and hope to the homeless by volunteering with IDignity to provide them with identification!

The Mustard Seed of Central Florida
Natalie@Mustardseedfla.org
12 Mustard Seed Lane, Orlando, FL 32810
407-875-2040
www.mustardseedfla.org
The Mustard Seed is the only furniture bank for the economically distressed in Central Florida. To help, you may donate furniture or volunteer in their warehouse!