Protein & Hunger: Why It’s Filling a Gap

American Meat Science Association
Reciprocal Meat Conference
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Community Food Bank of Central Alabama
Food Banks: An Overview

- National Structure
- Local/State Structure
- Community Food Bank of Central Alabama
  - History
  - Overview
  - Programs
  - Initiatives
- Hunger in Alabama
Overview
Poverty & Hunger
Childhood Hunger
Senior Hunger
Map the Meal Gap

HUNGER IN AMERICA
Poverty Rates Above 20% 1980

Poverty Rates Above 20% 2010

Sources: Census Bureau data; Kenneth Johnson, University of New Hampshire, analysis by Paul Overberg, USA TODAY
By Jerry Mosemak and Chad Palmer, USA TODAY
• Food Sources for the Hungry
  ◦ SNAP (Supplemental Nutrition Assistance Program)
  ◦ Food Pantries
  ◦ Farmers Markets
  ◦ Local Corner Stores

• Lack of Resources:
  ◦ Poverty
  ◦ Access to cooking equipment/refrigeration

• Benefits of Protein in a Well Balanced Diet
• **Protein Energy Malnutrition**
  ◦ Prenatal Protein Malnutrition
    • Anemia
    • Iodine Deficiencies
  ◦ Childhood Protein Malnutrition
    • Iodine Deficiencies and Obesity
  ◦ Protein Deficiencies in the Elderly

**Protein, Hunger, & Malnutrition**
Obesity & Hunger

- The Obesity Epidemic
  - Nationally
  - Locally
- Misconceptions
- Access
What We’re Doing to Help

- Feeding America’s “Foods to Encourage”
- Nutrition-Based Programs
  - Produce in Pantries
  - Weekenders Backpack Programs
  - Summer Snacks
- National Initiatives
  - Shopping Matters
  - Cooking Matters
What YOU Can Do To Help!

- Donate Protein to Your Local Food Bank!
- Identify Resources/Source Protein
- Work with your Local Food Bank
QUESTIONS???
For More Information....

www.feedingAL.org
www.feedingamerica.org
www.wfp.org
www.bread.org
www.shareourstrength.org
www.hungersolutionsinstitute.org