

## Terms

**Advocacy** – the act of arguing in favor of something; An anti-hunger advocate would be an individual, group, or organization that speaks out about the issues of hunger, and works to enact policies that will provide hunger relief. *The Atlanta Community Food Bank participates in anti-hunger advocacy by educating and empowering the community to be involved in hunger issues, sending out advocacy alerts during the legislative session, and urging citizens to connect with their elected officials.*

**Anemia** – a condition in which the hemoglobin concentration is lower than normal due to disease or as the result of a deficiency of one or more nutrients, such as iron.

**Daily Calorie Requirement** – the average number of calories needed to sustain normal levels of activity and health, taking into account age, gender, body weight, and climate; on average, about 2,350 calories per day.

**Food Insecurity** - refers to the lack of access to enough food to fully meet basic needs at all times due to lack of financial resources. As defined by the United States Department of Agriculture (USDA):

- **Low Food Security:** People who make changes in the quality or the quantity of their food in order to deal with a limited budget.
- **Very Low Food Security:** People who struggle with having enough food for the household, including cutting back or skipping meals on a frequent basis for both adults and children.

**Food Security** – assured access to enough nutritious food to sustain an active and healthy life, including: food availability (adequate food supply); food access (people can get to food); and appropriate food use (the body's absorption of essential nutrients).

As defined by the USDA:

- **High Food Security:** Do not have difficulty securing food.
- **Marginal Food Security:** Have some difficulty securing food.

*Characteristics of a food secure community include:*

- Availability of a variety of foods at a reasonable cost
- Ready access to grocery stores and other food sources
- Enough personal income to purchase adequate food to meet nutritional needs for all household members
- Freedom to choose acceptable foods
- Personal confidence in the safety and quantity of food available

- Easy access to good information about nutrition

**Human Nutrition** - the study of how food affects the health and survival of the human body.

**Hunger** – The USDA determined that while hunger is difficult to measure, it “*should refer to a potential consequence of **food insecurity** that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation.*”

**Low Birth Weight** – newborns weighing 2,500 grams (5 pounds, 8 ounces) or less, and are especially vulnerable to illness and death during the first months of life.

**Malnutrition** – a condition resulting from inadequate consumption or excessive consumption of a nutrient; can impair physical and mental health and contribute to, or result from, infectious diseases; general term that indicates a lack of some or all nutritional elements necessary for human health (*Medline Plus Medical Encyclopedia*).

**Nutrition** - the study of foods and nutrients and their effect on health, growth, and development of the individual.

**Poverty** – The state or condition of having little or no money, goods, or means of support; condition of being poor.

**Poverty Guideline** – official, federal measure of poverty. The United States instituted the poverty measure in 1967. *Module One, Activity 2 of ACFB's Hunger 101 Curriculum explains the history and function of this measure.*

**Vulnerability to Hunger (at Risk)** – a condition of individuals, households, communities or nations which have enough to eat most of the time, but whose poverty status makes them especially susceptible to hunger due to changes in the economy, climate, political conditions or personal circumstances.

**Working Poor** - a term used to describe individuals and families who maintain regular employment, but remain in poverty due to low levels of pay and dependent expenses.

Hunger/Poverty Programs & Terms

**EITC- Earned Income Tax Credit** – U.S. Federal tax refund for low to medium income working families. *Many households are not aware that they could be eligible for this credit, which can often total more than \$1,000.*

**Food Stamps** – offered through what used to be called the Food Stamp Program, these federal benefits were given to low-income individuals and families to help them purchase food (This is now called the Supplemental Nutrition Assistance Program - SNAP). *Food Stamps are no longer provided in the form of stamps, but rather an EBT (electronic benefits transfer) card similar to a debit card.*

**Meals on Wheels** – food delivery program that delivers one meal a day to elderly people or people unable to leave their homes for medical reasons.

**Nutrition Assistance Programs** – are funded through the U.S. Farm Bill and administered by the U.S. Department of Agriculture. Federal nutrition programs like SNAP (Food Stamps) and the Free/ Reduced Breakfast/Lunch Programs help to increase food security for low-income individuals and families in the United States.

**PeachCare for Kids** – a low-cost health insurance option for income eligible uninsured children in Georgia.

**School/Summer Meals** – ([National School Breakfast Program](#), [National School Lunch Program](#), and [Summer Food Service Program for Children](#)) are subsidized programs that assist low-income students to improve their nutritional status.

**SNAP (Supplemental Nutrition Assistance Program)** - formerly the Food Stamp Program, SNAP is the nation's primary food assistance program for low-income families. The program provides purchasing power via *EBT (electronic benefits transfer)* cards to eligible households, which can be used to purchase food items only. *EBT* is provided by federal funds through county social service agencies to eligible low-income persons. More than half of food stamp recipients are children.

**Social Safety Net** – government and private charitable programs to assist the needs of low-income, disabled, elderly, and other vulnerable people.

**Supplemental Nutrition Program for Women, Infants & Children (WIC)** – federal supplemental feeding program designed to decrease risk for nutritional and medical problems in women, infants, and children. Assistance is provided through local health agencies and health departments to poor pregnant and breast-feeding women, infants, and children up to age 6.

**TANF (Temporary Assistance for Needy Families)** – federally funded, cash assistance program signed into law in August 1997. This program is often referred to as “welfare.” People must meet income qualifications, have dependent, minor children and

begin employment or training in order to receive TANF benefits. Administered in Georgia by the Department of Family and Children's Services (DFACS).

**The Emergency Food Assistance Program (TEFAP)** – Federal food commodities made available to state food banks. TEFAP is administered in Georgia through the Department of Education for USDA.