

How are low income lowans accessing food?¹

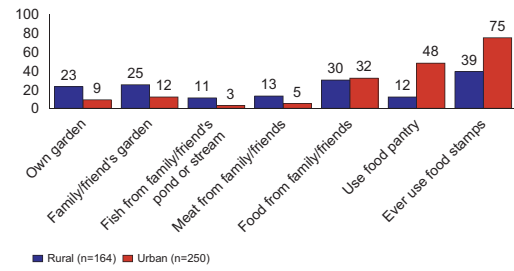


Figure 1. Patterns of Getting Food in Selected Rural* and Urban** Iowa Low Income Populations (2003)

* Decatur and Monroe Counties ** Davenport and Des Moines

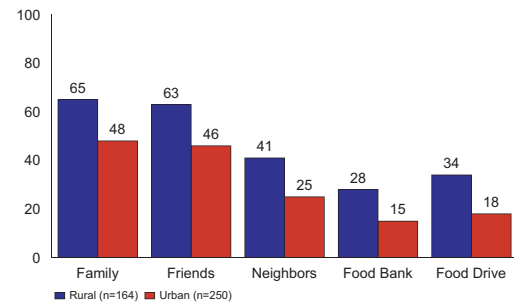


Figure 2. Patterns of Giving Food in Selected Rural* and Urban** Iowa Low Income Populations (2003)

* Decatur and Monroe Counties ** Davenport and Des Moines

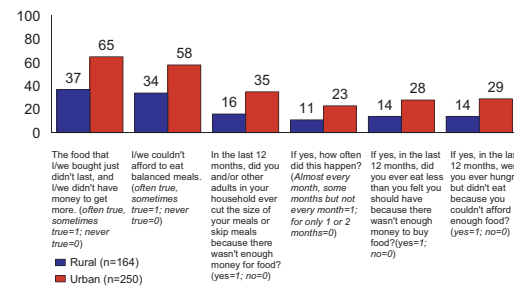


Figure 3. Food Insecurity in Selected Rural* and Urban** Iowa Low Income Populations (2003)

* Decatur and Monroe Counties ** Davenport and Des Moines

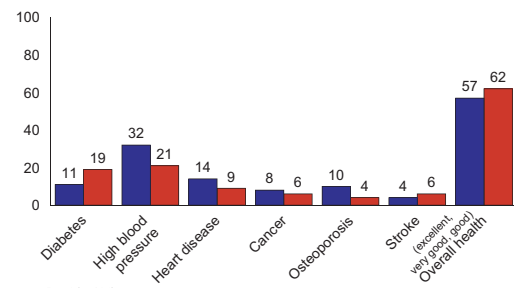


Figure 4. Health in Selected Rural* and Urban** Iowa Low Income Populations (2003)

* Decatur and Monroe Counties ** Davenport and Des Moines

Iowa Food Security, Insecurity, and Hunger



243,000 Iowans do not have access at all times to enough food for an active, healthy life.

www.extension.iastate.edu/hunger

Food Insecurity is Rising in Iowa*

	Food Insecure		Food Insecure with Hunger	
	1996-1998 Average	2000-2002 Average	1995-1998 Average	2000-2002 Average
Iowa	8.0%	9.1%	2.5%	2.8%
U.S. average	11.3%	10.8%	3.7%	3.3%

*USDA <http://www.ers.usda.gov/publications/fanrr35>

Household food access and security are related to individual characteristics (income, occupations, age, etc.) and the food environment where people live. Solutions to food insecurity must include income and poverty strategies, increased access (affordability and transportation) to the normal food system (grocery stores, farmer markets, personal and community gardens), and stronger safety net institutions (food pantries, senior meal sites, WIC, and Food Stamps).

43% of all infants born in Iowa in 2003 are enrolled in Women, Infant, and Children Program (WIC).

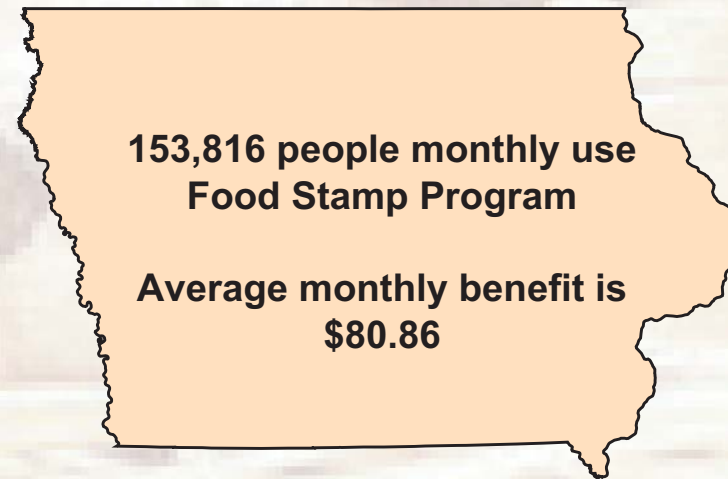
8.8% eligible (130% FPL or below) elder Iowans participate in Food Stamp Program (2003). More than 1/4 Iowans 65 years or older have incomes at 185% poverty (2000 Census).

Price per pound for selected food items from USDA thrifty food plan, Iowa, Summer 2002.

Food	USDA			
	May 2002	Iowa Avg	Urban Avg	Rural Avg
Flour, white, all purpose	0.32	0.24	0.225	0.25
Rice, white, long grain, uncooked	0.47	0.45	0.46	0.44
Spaghetti and macaroni	0.90	0.78	0.67	0.89
Bread, white	1.01	0.57	0.48	0.66
Beef, ground, uncooked	1.74	1.88	1.66	2.11
Chicken, fresh, whole	1.09	0.87	0.8	0.94
Tuna, light, chunk	1.96	1.48	1.36	1.6
Eggs, grade A, large per dozen	1.00	0.61	0.61	0.61
Milk, fresh, lowfat, per gallon	2.62	2.34	2.06	2.62
Butter, salted, grade AA, stick	3.22	1.67	1.57	1.78
Apples, red delicious	0.92	0.65	0.65	0.66
Bananas	0.52	0.53	0.53	0.54
Oranges, navel	0.85	0.8	0.61	0.98
Potatoes, white	0.51	0.45	0.37	0.54
Lettuce, iceberg (green or red leaf in IA)	0.72	1.5	0.99	1.75
Tomatoes, field grown	1.33	0.98	0.99	0.97
Broccoli	1.04	1.28	1.12	1.6
Orange juice, frozen concentrate per 16 oz.	1.82	1.28	1.12	1.44
Sugar, white, 33-160 oz pkg.	0.41	0.32	0.34	0.29
Peanut butter, creamy	1.98	1.48	1.12	1.84
Total Cost	24.43	20.16	17.74	22.51

Number of Items: 20
Number of Stores: 9 (4 sites)

USDA prices from selected items from CPI Detailed Reports, Bureau of Labor Statistics, Family Economics and Nutrition Review 2002, Vol. 14(1)91. Price changes for all urban consumers and food prices are U.S. city averages.



In an Iowa State University study of rural access to food 11% of those 70 years and older do not have a personal vehicle and depend on others for transportation to grocery store.

How can you make a difference?

1. Learn about food insecurity in your community. Check out this website (www.iastate.edu/hunger) for help in developing a community profile.



2. Identify safety net institutions and who they are reaching (e.g. food pantries, senior meal sites, school lunch program, etc.).



3. Work with others to evaluate the adequacy of the normal food system (e.g. grocery store and eating places; community and personal gardens, farmer markets).



4. Look at transportation issues of elderly—can they easily get to the store to buy food on a regular basis?

¹Food in Your Community Project. Iowa State University Rural-Urban comparison based on low income purposeful surveys in four sites, 2003.