

**Resources for Food Insecurity: Around the State and Close to Home**  
**OLLI Summer Lecture Series**  
**June 10, 17 and 24, 2021**

**Series Overview**

In a country with supermarkets bulging at the seams with food products why, in recent years, have millions of Americans lacked consistent access to enough food for a healthy active life? In 2018, 37 million Americans (11.5%) experienced food insecurity and Michigan was well above the national average at 13.6%.<sup>1</sup> Further, according to the October 2020 projection from *Feeding America*, the coronavirus pandemic has markedly worsened the situation and 50.4 million people, including 17 million children, have experienced food insecurity in 2020.<sup>2</sup>

Our summer series on food insecurity explore the extent of the problem before and during the pandemic, the populations most affected, the impacts on the health of adults and children, the federally supported programs that address food insecurity, the organizations that provide solutions right here in Washtenaw County, and an innovative private initiative to create win-win-win programs benefitting needy households, local farmers and vulnerable communities.

<sup>1,2</sup> Figures from Feeding America, 2018

**The resources below are suggested for further reading and exploration of these topics.**

**Books and Articles**

Kathryn Edin and H. Luke Schaefer. (2016) *\$2.00 a Day: Living on Almost Nothing in America*. Boston: Mariner Books

Sendhil Mullainathan and Eldar Shafir (2013) *Scarcity: Why Having Too Little Means So Much*. New York: Henry Holt and Company,

Janet Poppendieck (1998) *Sweet Charity?: Emergency Food and the End of Entitlement*. New York: Viking Books

Marion Nestle. (2003, Revised and expanded 2013) *Food Politics: How the Food Industry Influences Nutrition and Health*. University of California Press

Walter Willett. (2017) *Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating*. Free Press

Katie S. Martin. (2021) *Reinventing Food Banks and Pantries*. Washington D.C.: Islands Press

Greg Kaufman. "Want to Eradicate Hunger In America? Take On Racism." *The Nation*, Feb. 4, 2019

<https://www.thenation.com/article/archive/hunger-food-insecurity-racism-mariana-chilton/>

Alison Foreman. (2108) #IAMCAPABLE (A TED Talk on a data-driven program championed through a national partnership of Meals on Wheels American and Habitat International to help seniors to remain in their homes, achieve health and wellness goals and access to their communities.) [https://www.ted.com/talks/alison\\_foreman\\_iamcapable](https://www.ted.com/talks/alison_foreman_iamcapable)

### **Relevant Agencies and Websites**

Catholic Social Services of Washtenaw County. *Ahead of the Curve*. (A resource directory specifically designed for seniors and their caregivers.) <https://getaheadwashtenaw.org/>

Area Agency on Aging1B  
(A regional organization identifying resources for meals, in-home support, caregiver services, applying for state and federal benefits, and counseling services for seniors.) <https://aaa1b.org/>

Feeding America. (The Feeding America network is the nation's largest domestic hunger-relief organization. Their Map the Meal Gap interactive tool provides statistics on hunger in every county in the U.S. <https://www.feedingamerica.org/hunger-in-america/michigan>

Fair Food Network. (The Fair Food Network is a national nonprofit organization on a mission to connect people to the power of food to grow community health and wealth.) <https://fairfoodnetwork.org/>

Food Gatherers. <https://www.foodgatherers.org/>

Ypsilanti Meals on Wheels. <https://ymow.org/>

We The People Opportunity Farm. <https://www.wtpof.org/>