

Americans in Need

"We know that a peaceful world cannot exist one-third rich and two-thirds hungry."
(President Jimmy Carter) During President Carter's first year in office, "The Food Stamp Act of 1977... dramatically reduced the extent of severe hunger in our country," and helped "Americans in need." Without food programs to help feed Americans, some would starve, others would have to choose between medications and food. This is an example of our taxes being used to make our communities stronger and healthier. CalFresh is a government organization that helps to meet the needs of hungry California families.

Hunger is a global issue and the United States is not immune. The pandemic has made this situation worse. The Department of Agriculture stated that prior to the pandemic, about "13.7 million households ...experienced food insecurity at some point" this year. This means that approximately 1 in 4 households have experienced food insecurity this year. Because of Covid-19 many people have lost jobs, and do not know when their next meal is going to be. In addition, many Americans who were laid off or their work hours reduced "said they weren't able to pay the rent, mortgage or utility bills; skipped medical care; or were at risk of going hungry." (Sherter)

CalFresh is a nutrition program that provides free food to families in need throughout California communities. Stanislaus CalFresh does this in our community. Recipients are given an Electronic Benefits Transfer (EBT) card that can only be used to purchase food items monthly. "CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table."
(CalFresh) This program is even more important than before because of Covid-19.

This program is important because it helps to feed people with disabilities, the working poor, and senior citizens. If you provide food to the people in need you are improving their health. The work of CalFresh is even more important during this pandemic. Many people either lost their jobs or their hours were reduced, leaving less money to put food on the table. Parents and elderly are concerned about purchasing medications, paying for rent, or purchasing food. CalFresh provides those in need with access to healthy food.

CalFresh provides peace and a sense of well being in our community, by providing food for those in need. People will not have to worry if they are going to skip meals or not able to provide food for their families. After my dad died, the CalFresh program provided my family with free healthy food. The program allows my mom not to worry about the food money for us. CalFresh feeds about 4 million people in California, helping to create a better and healthier lives.

(454 Word Count)

Work Cited

1. CalFresh, <https://www.cdss.ca.gov/>
2. The Food bank,
<https://www.foodbankwma.org/choosing-between-food-and-medicine/>
3. Sherter, Alain. "Millions of Americans can't afford food, rent and other basics, report finds." *CBS News*. 28 April, 2020.
4. Silva, Christanna. "Food Insecurity In The U.S. By The Numbers." *NPR*. 27 September, 2020.