What is Food Insecurity?

• “Food security means access by all people at all times to enough food for an active, healthy life”

Levels of food security:

• “High food security: no reported indications of food-access problems or limitations”

• “Very low food security: Reports of multiple indications of disrupted eating patterns and reduced food intake”

• “In the United States, more than one out of five children lives in a household with food insecurity”

• In 2012, 15.9 million children under 18 in the United States live in this condition – unable to consistently access nutritious and adequate amounts of food necessary for a healthy life.”

Lizzy Gendell
FYS: Feast or Famine
St. Lawrence University

Golden Bear Packs’ Mission

“The Golden Bear Packs program fills the gap in children’s nutrition by ensuring that students in need will not go hungry over weekends and vacations during the school year.”

How it Works

• Provides bags filled with nutritious food that is child-friendly, shelf stable and easily consumed.
• Each Pack contains 10 items per week per child enrolled
  • 2 breakfast items
  • 2 lunch items
  • 2 snack items
  • 2 juice boxes
  • 2 pieces of fresh fruit
• More food is provided during school breaks and long weekends

My Work at Golden Bear Packs

• Pack bags with student recipients of the packs
• Talk with recipients about what items of food they like and find out what other healthy options they would eat
• Brainstorm ideas to supply nutritious food options
  • Giving out celery, peanut butter, and raisins to make “ants on a log”
  • Reach out to local business for donations (i.e. Price Chopper and Nature’s Storehouse)
• Research ways to eat a nutritious diet in a low-income household
• Sent out a pamphlet with recipes and food preparation and preservation workshops

How You Can Help!

• Volunteer: Contact Kelley Glasgow, Banford Counselor at 315-386-8561 ext. 1400
• Donate Food: Child friendly, non-perishable food donations are always welcome and may be dropped off at the Banford Elementary School Office, 99 State Street, Canton NY
• Donate Money: Monetary donations are also very helpful and allow the program to purchase fresh fruits and vegetables each week. Please consider sending a donation to:
  Canton Golden Bear Education Foundation
  Attn: Golden Bear Packs *
  PO Box 174
  Canton, NY 13617

Food Insecurity in St. Lawrence County

• 13.6% (15,290) of people in St. Lawrence County face food insecurity

• “More than one-third of Canton Central students are eligible for free or reduced price breakfasts and lunches.”

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Sources:
Map of food insecurity