

# Hunger Solutions for the Faith Community

A guide for congregations seeking to improve  
food security in Dallas County.



**DALLAS**  
**COALITION**  
**for HUNGER**  
**SOLUTIONS**

[dallashungersolutions.org](http://dallashungersolutions.org)

4TH EDITION, 2019

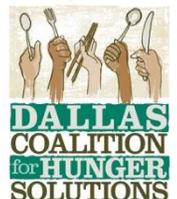
# Table of Contents

Community Distribution Partnership: Crossroads Community Services	1
Community Distribution Partnership: Sharing Life Community Outreach	2
Public Policy Roundtables	3
Eating Well is a SNAP	4
Meals on Wheels	5
Out-of-School Child Meals	6
Souper Schools	7
More than a Meal	8
More Hunger Solutions	9
Appendices: The Path to Success	10
My Action Steps	11

The Dallas Coalition for Hunger Solutions (DCHS) is comprised of organizations and individuals committed to improving food security in Dallas County by empowering residents to gain equal access to healthy food. DCHS is chaired by United States Representative Eddie Bernice Johnson. Members of the leadership team represent the following organizations: Children at Risk, Community Council of Greater Dallas, Dallas Baptist Association, Episcopal Diocese of Dallas, Baylor Scott & White Health, Dallas County Health & Human Resources, Child Poverty Action Lab, GROW North Texas, North Texas Food Bank, Parkland Foundation, The Senior Source, Texas Hunger Initiative, and United Way of Metropolitan Dallas. For more information, contact [Wyonella\\_henderson-greene@baylor.edu](mailto:Wyonella_henderson-greene@baylor.edu) or call 214-951-7780. Visit us online at [dallashungersolutions.org](http://dallashungersolutions.org).

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# Introduction

More than 1 in 5 adults and 1 in 4 children in Dallas County are food insecure and at risk of hunger. These statistics represent thousands of individuals who struggle each day to acquire enough food to get by. This is both unacceptable and unnecessary.

The faith community already plays a major role in improving food security in our city. Each congregation can take additional steps to ensure that children, families, and seniors have the nutritious food they need to flourish.

Included in this guide are creative solutions to the problem of hunger. These solutions already exist in the community, and they need the support of local congregations. They generally require limited financial resources, but they can make a very substantial impact on hunger.

Congregations, as well as anyone who is concerned about hunger, will benefit from the resources included in this guide. Download a copy at [www.dallashungersolutions.org](http://www.dallashungersolutions.org).

For more information about the faith action team of Dallas Coalition for Hunger Solutions, contact:

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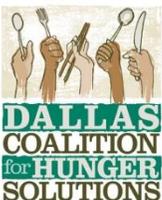
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# Community Distribution Partnership



## Overview

Community Distribution Partners (CDPs) with Crossroads Community Services provide healthy food, nutrition, and life-skills education to low-income families in their neighborhoods. Two primary goals of this program are to help ensure that all people in Dallas County have ready access to nourishing food, and to provide life-skills education that can help reduce obesity in impoverished areas.

“We build meaningful relationships with our neighbors through our Crossroads CDP. Levels of trust deepen as our volunteers and clients share concerns, struggles, prayer requests, hugs and celebrations. One mom expressed how thankful she is for this program because it is helping her family through a particularly difficult season of life. We think being a Crossroads CDP is one of the most meaningful connections our church has with our community” *Debbie Seider, First Baptist Church, Richardson.*

Crossroads' CDP network is comprised of approximately 80 local non-profit organizations and agencies including congregations, community centers, and low-income housing communities. Crossroads is a mini-food bank for organizations that are too small or not suited to be a North Texas Food Bank agency.

## Impact on Hunger

- The CCS system developed by Crossroads uses the Dietary Guidelines for Americans (DGA) to determine types and amounts of nutritious food for individuals based on age, gender, and activity level.
- Churches and non-profit organizations share Crossroads' client database and use their facilities, vehicles, volunteers, and love to offer not just more food, but a variety of foods that have high nutritional value.

- Churches and non-profit organizations work together in communities with high rates of food insecurity to help families stay within their monthly budgets, thus alleviating financial crises.

## How to Help

A partnership with Crossroads allows congregations to obtain large quantities of nutritious groceries and distribute them to pre-registered families every month. A team picks up food from Crossroads and transports it to the distribution site. The food is given to pre-registered families on the same day. Congregations pay a “shared maintenance fee” for the food they receive.

## Contact

Contact Katie Peters, program director, [kpeters@ccsdallas.org](mailto:kpeters@ccsdallas.org) or 214-560-2511 ext. 402. Or, visit [ccsdallas.org](http://ccsdallas.org). Click on “How to Help.” There is a 3-step enrollment process and a list of prerequisites that should be met prior to becoming a Community Distribution Partner.



# Community Distribution Partnership



## Overview

Sharing Life Community Outreach in Mesquite serves as a food hub for the North Texas Food Bank. This means that congregations can provide food for their food-insecure neighbors by purchasing it from Sharing Life, and then distributing it, from their own site, to pre-registered clients the same day. Now, congregations without the resources to provide a full-scale food pantry can serve their neighbors in an efficient way with minimal cost.

## Impact on Hunger

- Congregations typically serve smaller numbers of families, more often. Therefore, families receive a regular supply of food to supplement their diets and do not have to travel among several pantries each week to acquire the food they need.
- Because congregations are serving the same families each week, personal relationships develop. As they get to know their clients, congregations can help families with other issues that might be contributing to their food insecurity.
- Congregations do not have to organize food drives or otherwise spend time trying to acquire the appropriate foods for their families in need. The hub provides the congregations with fresh meat, vegetables, dairy, grains, and canned goods for a small handling fee.

"At Feed Lake Highlands, we develop long term relationships with residents living along the Whitehurst corridor in Dallas. We are God's little grocery store! Laughter fills the room as our team members and program members shop side by side. We do more than put food on a table and fill a pantry. We give joy, friendship, hope, and food to our neighbors in need" *Jill Goad, Feed Lake Highlands, The New Room.*

## How to Help

Congregations can complete the required application to become a community distribution partner with Sharing Life. If approved, your congregation will receive food from Sharing Life for a small handling fee. Congregations distribute the food to families the same day they acquire it. Sharing Life provides the training and support needed.

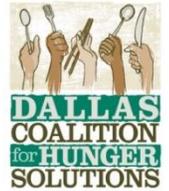
## Contact

Contact Wendy Hardeman, [wendy@sharinglifeoutreach.org](mailto:wendy@sharinglifeoutreach.org) or 214-308-0856, for more information about Sharing Life's community distribution partner program.





## Public Policy Roundtables



### Overview

The Public Policy Action Team of the Dallas Coalition for Hunger Solutions educates congregations about public policy issues that affect hunger and food insecurity in our communities. The team also helps congregations understand how to advocate for access to a healthy, nourishing, and sufficient diet for all North Texans at all stages of their lives. Congregations can request a public policy roundtable, presented by the team, which will educate on:

- The legislative process -- federal, state and local --and how laws are made.
- Administrative rule-making, and how rules affect anti-hunger laws and policy.
- Advocacy tools that help congregations influence public policy outcomes.

"We hosted the Public Policy team at my church. This was the first *time* I had heard a specific presentation on both state and federal policy affecting hunger in our communities. The presentation was very enlightening and increased my understanding on ways to communicate to our representatives....having a voice that ultimately can affect food insecurity in this country."  
*Dabney Dwyer, Episcopal Church of the Ascension.*"

### Impact on Hunger

The unified voice of a congregation's advocacy against hunger helps:

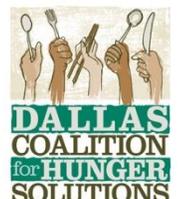
- Strengthen federal child nutrition programs (school lunch and breakfast, afterschool meals, summer meals, and WIC).
- Protect existing SNAP benefits and oppose measures that weaken the program.
- Assure that more needy seniors have access to SNAP and senior nutrition programs.
- Support legislative changes that eliminate barriers to urban farming and community gardening as a strategy to improve healthy food access.
- Increase funding for nutrition incentives for low-income shoppers that encourage purchases of fruits and vegetables.

### How to Help

- Schedule an educational public policy roundtable for your congregation.
- Support the advocacy initiatives of the Dallas Coalition for Hunger Solutions to strengthen nutrition programs and improve healthy food access.
- Stay informed by signing up for the Coalition's public policy newsletter, **Policy Matters**, which reports on current anti-hunger policy and legislation and provides opportunities for advocacy and engagement. If you would like to receive this newsletter by visiting <http://dallashungersolutions.org/public-policy>.

### Contact

For more information or to schedule a presentation for your congregation, contact Public Policy Action Team Chair Sara Albert, [sara.albert55@gmail.com](mailto:sara.albert55@gmail.com) or 214-202-9401.



# Eating Well is a SNAP!



## Overview

Too many seniors struggle with being able to afford a healthy and balanced diet. The Senior Hunger Action Team of the DCHS has an interactive presentation for low-income seniors designed to assist them in eating well on a limited budget. The presentation includes information about which foods to eat to have a balanced diet, how to purchase healthy foods more economically, and the variety of resources, including SNAP, that seniors can use to supplement their diet.

## Impact on Hunger

- Senior hunger is a significant and growing problem, with more than 20,000 seniors in Dallas County living below the poverty line.
- More than 50 percent of seniors in Dallas County who are eligible for food assistance through SNAP are not utilizing that assistance.
- Sharing this information helps seniors eat well while also making it easier to apply for SNAP and access other food resources.

## How to Help

- Bring Eating Well is a SNAP! to your congregation. The program can be presented to a group of seniors. Each presentation includes having an application assistance navigator available to help seniors apply for SNAP on the spot.
- Volunteer to be on the team of presenters. Each of the presentations are given by members of a volunteer speaker's bureau. Each presentation includes a nutrition education presenter and a SNAP/food resources presenter. You and others from your congregation can be trained to present.

"All of the presentations and presenters were excellent! I think that all of our residents found the information helpful" *April Parker, Social Services Director, Carpenter's Point Senior Living.*

"I am glad I came in to hear about eating well. It's going to help me eat better" *Senior at Magnolia Trace Senior Community.*

## Contact

Contact Wyonella Henderson-Greene, [wyonella\\_henderson-green@baylor.edu](mailto:wyonella_henderson-green@baylor.edu) or 214-951-7780, for more information about Eating Well is a SNAP!



## Overview

VNA Meals on Wheels provides hot, nutritious, freshly prepared meals five days a week to Dallas County residents who cannot cook for themselves due to illness, advanced age, or disability. These meals contribute to the overall health and well-being of participating seniors. Without VNA Meals on Wheels, these seniors would go hungry.

“During my Christmas vacation, I discussed with my husband how we needed to set a better example for our son and daughter of giving back to the community. My children were 12 and 4 years old when we began volunteering. Now, three years later, they look forward to each delivery. Outside of working as a computer analyst for an aviation company, being a mother and part-time student, the VNA Meals on Wheels calling has become a major purpose in my life. I am proud and happy to serve”  
*Angela Broomfield, Concord Baptist Church.*

## Impact on Hunger

- Many seniors are in desperate need of nutritious meals and human contact in Dallas County.
- For many homebound elderly, sick, and disabled individuals, the difference between continuing to live in their own homes and moving into institutional care is a nutritious, home-delivered meal.
- Distributing Meals on Wheels provides social interaction for isolated, homebound seniors.
- Meals on Wheels also allows for advocacy and identification of needs for additional food and other in-home services.

## How to Help

Your congregation can:

- Deliver meals during a “Day of Caring” hosted by VNA Meals on Wheels.
- Customize your own “Day of Caring” for your congregation by selecting delivery routes in your neighborhood to be delivered on a specific day of your choosing. This introduces potential volunteers to Meals on Wheels.
- Sign up with VNA Meals on Wheels to provide regular meal delivery weekly or monthly.

## Contact

Contact Kim Peters, [petersk@vnatexas.org](mailto:petersk@vnatexas.org) or 214-689-2210, for more information about VNA Meals on Wheels.

# Out-of-School Child Meals



## Overview

The federally funded **summer meals program** is designed to fill the summer hunger gap when children and teens are out of school and most at risk of going hungry. In Dallas County, more than 70 percent of children rely on meals during the school year. However, less than 15 percent participate in summer meals in spite of the more than 1,000 summer meals locations.

**Afterschool programs** are also critical in providing many children with healthy, nutritious meals after school in addition to keeping young people supervised and safe. In the U.S. today, 8.4 million children participate in an afterschool program in their community, while 15.1 million children go home alone after school. For many of these children, that meal or snack they receive at their afterschool program is the last food they will have until a school breakfast the next morning.

## Impact on Hunger

- Increases number of children and families aware of available free meals.
- Decreases risk of child food insecurity.
- Increases opportunities for safe and fun meal environments for children and teens.

## How to Help

- **Donation Drive:** Sites are always in need of more bubbles, water balloons, soccer balls, jump ropes, face paints, coloring books, temporary tattoos — you name it!
- **Adopt-a-Site:** Congregations can serve a site regularly throughout the summer or during the school year. Volunteers can provide games, art programs and other activities providing additional incentive for children to come and participate, at the same time reducing food insecurity in the community.
- **Become a Site:** If your location is a gathering place for children, consider becoming a meal site. If deemed eligible, you can be connected with meal program providers to bring meals directly to your site and provide at-risk youth direct access to meals in the out of school time, when they are most at risk.

"We have just concluded the eighth year of our summer lunch program. During the 10 weeks of the program, we served 9,000 sack lunches, 1,500 weekend snack bags, and 75 pizzas! The ministry would not thrive as much as it does without the support and love of our community and the church volunteers. They donated water, juice, cookies, popsicles, chips, and books. I am proud to serve as the summer lunch coordinator for my church. It is a true blessing!" *Elizabeth Greer, Custer Road United Methodist Church.*

## Contact



Contact Catherine Nicholson at [catherine\\_nicholson@baylor.edu](mailto:catherine_nicholson@baylor.edu) or 214-920-3634 more information about out-of-school meals.



## Overview

Using Souper Bowl of Caring as a catalyst, congregations can partner with a local school to provide support for food-insecure students through an on-site food pantry.

## Impact on Hunger

"When I saw a parent lifting her three-year-old daughter into the school dumpster to look for food, it broke my heart. The food pantry at my school, sponsored by Mission Oak Cliff, has largely prevented that level of desperation. Our families are so grateful for the assistance" *Yamile Callas, PTA mom, James Bowie Elementary School. Mission Oak Cliff is a ministry of Cliff Temple Baptist Church.*

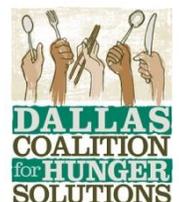
- Food pantries in schools feed families as well as students.
- On-site pantries are more accessible to families with school-age children because the children attend these schools every weekday during the school year.
- Parents develop stronger relationships with school personnel, thus potentially improving the child's academic progress.
- By developing a positive relationship with the school via the food pantry, congregations can identify other ways to serve the school, which can benefit the entire community.

## How to Help

- Register to have a Souper Bowl of Caring campaign at [www.tacklehunger.org](http://www.tacklehunger.org).
- Meet with local school administration to determine if an on-site food pantry is needed. Work together to design something that will benefit the school, the students, and their families. (Note: if your local school does not need an on-site pantry, your congregation can still conduct a Souper Bowl campaign. See p. 8).
- Conduct your Souper Bowl campaign. Encourage both the congregation and school to participate!
- Contribute the food donated to the school to stock the pantry.
- Report your results at [www.tacklhunger.org](http://www.tacklhunger.org)

## Contact

Alison Reese, [Alison.reese@souperbowl.org](mailto:Alison.reese@souperbowl.org) for questions about Souper Bowl of Caring. Contact your local school for specific information about campus needs.





## More than a Meal



**DCHHS**  
*Safe families, healthy lives*  
Dallas County Health and Human Services



### Overview

The Dallas County Older Adult Services Program provides 200,000 meals per year at their senior centers. However, what the DCHHS offers is much *more than a meal*. To improve food security among seniors, DCHHS also provides information and activities to promote health, wellness, mental fitness, and nutrition education.

### Impact on Hunger

The services provided by DCHHS impact senior hunger by:

- Providing well-balanced meals designed to meet a senior's nutritional needs.
- Providing social interaction that encourages healthy eating.
- Collaborating with other organizations to address food insecurity among seniors.
- Providing health and nutrition education for seniors.
- Supplementing a senior's food consumption so that disposable income can be re-allocated to pay for housing, utilities, and prescription medications.

A man at our senior center is on a limited income. The meals he receives at the center make a huge difference for him. He says that without the program he would only eat one meal a day, typically from a fast-food restaurant. He enjoys the new friends he has made, and he wants more seniors, particularly the 'younger' seniors age 60 - 65 like himself, to know about the meals and activities available.  
*Volunteer, Emeritus Center.*

### How to Help

- A congregation can assist with meal service at their local senior center.
- Volunteers can teach fitness classes or lead other activities that improve seniors' nutrition and health.
- Congregations can encourage their senior adult members to participate in the services offered at their local senior center.
- Congregations can donate funds to provide additional supplies that enrich the health and wellness activities provided by the center.
- Congregations can host a senior center at their facilities based on need, qualifications, and availability.

### Contact

Mark Edwards, program administrator, DCHHS Older Adult Services Program, 214-819-1862 or [mark.edwards@dallascounty.org](mailto:mark.edwards@dallascounty.org)



# More Hunger Solutions

## Souper Bowl of Caring

The Souper Bowl of Caring's annual *Tackle Hunger* campaign is an easy way for congregations to directly impact local hunger on the day of the Big Game. To participate, register your congregation at [souperbowl.org](http://souperbowl.org). On game day, collect money or canned goods. Then, donate your collection to the soup kitchen or food pantry of your choice. Don't forget to report your participation at [souperbowl.org](http://souperbowl.org).



## Provide Transportation to a Grocery Store

According to a recent DCHS survey of hunger among seniors, transportation barriers prevent many older adults from getting the nutritious food they need at affordable prices. Individuals and congregations can provide rides for senior adults to full-service grocery stores.

## Cooking Matters

Cooking matters is a 6-week course that teaches participants to shop smarter, use nutrition information to make healthier food choices, and cook affordable meals. It is a direct service program of Share Our Strength and offered local through the North Texas Food Bank. Contact [jenee.arnold@ntfb.org](mailto:jenee.arnold@ntfb.org).

## SNAP Partner Project

Congregations can help their low-income neighbors apply for SNAP (Supplemental Nutrition Assistance Program) and other important public benefits via [yourtexasbenefits.com](http://yourtexasbenefits.com). Training, technical assistance and program guidance is provided by North Texas Food Bank Social Services. Contact Manuela Hernandez at [manuelah@ntfb.org](mailto:manuelah@ntfb.org) or 469-978-5350 or Alana Pierre at [alanap@ntfb.org](mailto:alanap@ntfb.org) or 214-662-6643.

## Community Gardens

Community gardens enable families to grow vegetables in abundance, to share produce with neighbors, and to benefit from selling at local farmers' markets. Community gardens help individuals achieve food security and build communities. Resources for beginners are available at [communitygardens.org](http://communitygardens.org). Additional resources from DCHS's urban agriculture team are available at [dallashungersolutions.org](http://dallashungersolutions.org).



## Support a Mobile Food Pantry

Some families don't have transportation to a nearby food pantry. Programs like Equal Heart provide mobile food pantries to help provide nutritious food to families living in food deserts. Congregations can collect shelf-stable food, baby supplies, and hygiene products to stock a mobile pantry. Contact Patricio Gonzalez, [volunteer@equalheart.org](mailto:volunteer@equalheart.org), 214-802-8427.

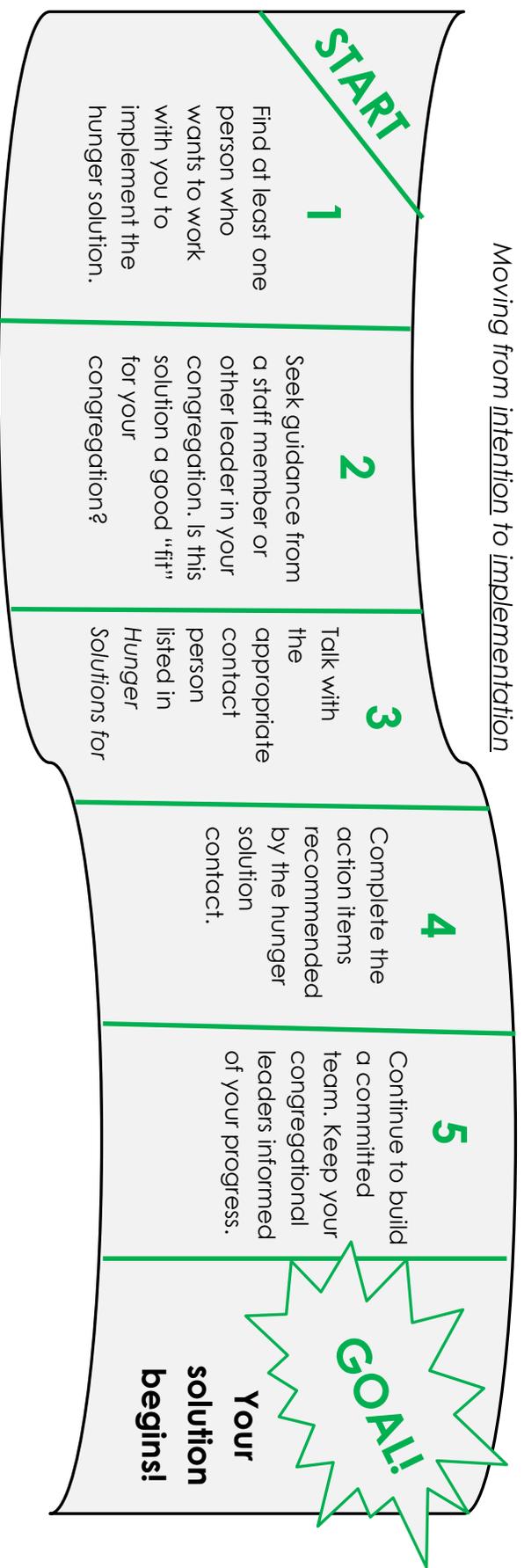
## Let us know about your hunger solution!

Contact us to let us know how you are improving access to healthy food in your own community.



# The Path to Success

Moving from intention to implementation



The hunger solution I want to begin or improve is \_\_\_\_\_.

Looking at the path (shown above), my implementation is at number \_\_\_\_\_.

My biggest challenge is \_\_\_\_\_.

The faith community action team can help me by \_\_\_\_\_.

# My action steps are:

	Description	Due Date	Notes	Date Completed
1				
2				
3				
4				
5				
6				
7				
8				