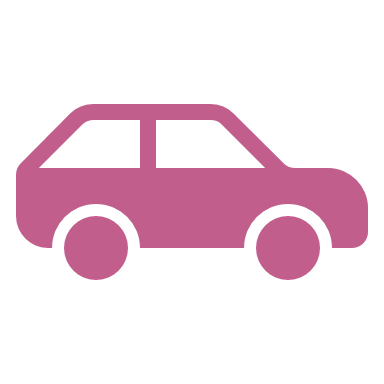
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**45% of households earn less than $25,000 a year.**

**Consequences:**

***Obesity, diabetes, and dietary nutrient deficiencies*** are consequences of food insecurity. The links between poverty, food insecurity and obesity can be partially explained by the added fats, added sugars or refined grains found in lower-cost food items.

***Food insecurity in children*** can result in poorer academic performance, school absences and suspension, involvement in fights, headaches, and depression.

**West Oakland’s poverty rate is double California’s rate, and unemployment is almost twice the national average.**

**What is St. Vincent de Paul doing to help?**

SVdP helps alleviate food insecurity by providing **free hot lunch 5 days a week**. In addition, the SVdP Food Locker distributes food to a countywide network of volunteer groups who provide groceries to those in need in their communities.

**SVdP’s job-training program, the Kitchen of Champions Culinary Program,** offers skills training and job placement support to low-income or no-income people, and to those who have barriers to employment. Trainees have access to **food boxes.**

To learn more, **contact the Volunteer Team** at [volunteer@svdp-alameda.org](mailto:volunteer@svdp-alameda.org) or (510) 877-9252.

**24% of West Oakland residents receive Supplemental Nutrition Assistance Program (SNAP) benefits, while 10% of California residents receive SNAP benefits.**

**West Oakland**

**Although West Oakland residents collectively spend over $58 million a year on groceries, there are no full-service grocery stores in the neighborhood. In West Oakland there is one corner store licensed to sell liquor for every 300 residents.**

**Factors:**

***Income level:*** In 2017, the Department of Agriculture reported that 41.3 million adults and children were food insecure in the U.S. This includes people on all sides of the poverty line.

***Food Environments:*** Low-income neighborhoods often have fewer supermarkets, which generally offer a wider variety of produce at lower prices. People must leave their neighborhood for groceries.

**In America, 1 in 6 adults**

**and 1 in 4 children**

**do not know where their next meal will come from.**

**Food Insecurity**