



Myths and Realities About Hunger in Michigan

- Ⓜ Myth: There is no hunger in a country as rich as the United States.
Reality: *One in seven people in the U.S. does not know where their next meal is coming from. In Michigan, over 1.7 million people are served by food banks each year.*
- Ⓜ Myth: If people just worked, they wouldn't be hungry.
Reality: *Almost 50% of the households served by food banks have at least one employed family member. Though many people in Michigan are working, many are considered working poor, meaning they don't make enough money to make ends meet. When families have to choose between paying for childcare, medications, housing and food, food is usually the first budget that gets cut.*
- Ⓜ Myth: No one is hungry in my neighborhood.
Reality: *Chronic hunger is present in all parts of the state. People in rural, suburban and urban communities face barriers to adequate sources of healthy food. View your county's food insecurity rate at <http://map.feedingamerica.org/county/2013/overall/michigan>*
- Ⓜ Myth: We can't have a hunger problem at the same time we have an obesity problem in the U.S.
Reality: *Hunger is not about calories; it is about securing an acceptable, healthy, safe food. Many neighborhoods have access to convenience type foods that are cheap, high calorie, and low on nutrition. A diet lacking in proper nutrition leads to many health problems, particularly for children and seniors.*
- Ⓜ Myth: Hunger is not a problem for senior citizens.
Reality: *18% of food bank clients are seniors. Seniors often have to make difficult choices between paying for energy bills, vital medications, and healthy food on a fixed income.*
- Ⓜ Myth: There are so many programs for getting help with food; no one could be hungry.
Reality: *Technology barriers, transportation barriers, and confusion about eligibility can hinder participation in the food assistance programs. 206,400 people turn to food banks for help each week in Michigan.*

Food Bank Council of Michigan: Hunger Relief Solutions in Action

- Provides about 15 million pounds of fresh produce for the state's food banks, most of it purchased directly from Michigan farmers
- Tirelessly advocates in support of food security and hunger relief in Michigan
- Increases mobile distribution pantries statewide to ensure that underserved communities receive access to fresh food

For more information, visit www.fbcmich.org, call 517-485-1202 or email fbcm@fbcmich.org.