



Hunger in Kentucky

This month's Civic Lab focuses on hunger and food insecurity in our community.

Get informed, join the discussion, and participate in activities. For each activity you submit, you'll be entered to win a \$75 gift certificate to Amazon.com. Submit your entries by November 30, 2018.

Key Facts

- The U.S. Department of Agriculture defines **food insecurity** as a “lack of access, at times, to enough food for an active, healthy life for all household members.”
- According to Feeding America's Map the Meal Gap project, in 2016 there were 7,190 food insecure people in Jessamine County. The food insecurity rate in Jessamine County was 14.1%.
- Kentucky ranks sixth-highest in the country for food insecurity among seniors.
- 1 in 5 Kentucky children struggle with hunger.

Get Informed

Articles

“Thousands in Area Living on Threshold of Hunger” by David Brock. *Jessamine Journal*, May 5, 2016. (Available through NewsBank or at the Ask a Librarian Desk.)

“Kentucky Ranks Sixth in Senior Hunger, Study Says.” *Insider Louisville*. May 17, 2018. <https://tinyurl.com/y8myeyve>

“In Focus: The Invisible Problem, One in Six Ky. Households Struggle to Afford Enough Food” by Bobbie Curd. *The Advocate Messenger*. August 11, 2018. <https://tinyurl.com/ydbal8hb>

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“The Best Foods to Donate to Food Banks” by Anjali Prasertong. *The Kitchn*.
<https://tinyurl.com/y8e9w2fb>

Websites

Kentucky Kids Eat. <https://kykidseat.org>

The mission of Kentucky Kids Eat “is to end childhood hunger in Kentucky by connecting kids to healthy food 365 days a year.” Find out more about programs that can help.

Kentucky Association of Food Banks. <https://kafb.org>

KAFB works with Kentucky’s Feeding America Food Banks and partners to end hunger. Find out more about hunger in Kentucky and how you can help.

Feeding America. <https://www.feedingamerica.org/>

Learn about hunger research, the causes and consequences of food insecurity, and how to take action.

Food Assistance in Jessamine County

Jessamine County Food Pantry (859) 312-4003

Nicholasville Christian Church, 104 S. Second St., Nicholasville, KY

<http://jcfoodpantry.org/>

Hours: Tuesday, 12:00 PM-3:00 PM; Thursday, 4:00 PM-7:00 PM;

Friday, 9:00 AM-12:00 PM.

Bring a photo ID and proof of residence.

Edgewood Baptist Church (859) 885-6211

717 S. Main St., Nicholasville

Provides emergency food assistance to families once every three months.

Hours: Food pantry is open Monday-Thursday from 9:00 AM-3:00 PM.

Bring a photo ID.

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Nicholasville United Methodist Church (859) 885-4481

303 W. Maple St., Nicholasville, KY

Offers free Manna Meals every Saturday from 11:00 AM-1:00 PM.

Toiletries and gently used clothing are distributed every fourth Saturday at the meal.

Community Service Center of Wilmore and High Bridge (859) 858-2819

Wilmore United Methodist Church, 209 E. Main St., Wilmore, KY

<http://cscwilmore.org>

Hours: Monday-Friday, 9:00 AM-3:00 PM and by appointment.

Food pantry is open the last Saturday of each month for eligible individuals and families.

Jessamine County Homeless Coalition (859) 813-0233

218 E. Maple St., Nicholasville, KY

<https://www.facebook.com/jchcky/>

Provides emergency food and other services.

Department for Community Based Services, Family Services, Jessamine County (855) 306-8959

111 Edgewood Plaza, Nicholasville, KY

Apply for the Supplemental Nutrition Assistance Program (SNAP). Get more information about SNAP at <https://tinyurl.com/ya2am6ho>

Can Your Fines at JCPL

Can Your Fines from Nov 4th-10th! During this week, for every non-perishable item you donate, the library will forgive \$1 of your overdue fees. Items may be donated at the Customer Service Desk. Help us feed the hungry while you pay off your fines.

The donations we collect during our food drives are distributed to food pantries throughout the county. Items from the November drive will go to the Jessamine County Homeless Coalition. We sponsor four food drives a year, so look for our next Can Your Fines this winter.

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LAB

Activities

For each activity you submit, you'll be entered to win a \$75 gift certificate to Amazon.com. Submit your activities in the entry box in the main library by Nov. 30, 2018. JCPL employees and their families are ineligible to win prizes.

Hunger Activity 1

Attend the **Civic Lab Discussion Group** on Tuesday, Nov. 27 at 6:30 PM. We'll discuss three short articles about hunger in Kentucky. Pick up copies of the articles at the Ask a Librarian Desk. Registration is required.

Name: _____ Phone: _____

Hunger Activity 2

Use the resources listed on this handout to answer the following question:

People who face food insecurity are at higher risk for some health problems. Name two of those health issues:

Answer: _____

Name: _____ Phone: _____

Hunger Activity 3

Use any of the resources listed on this handout to answer the following question:

Name three of the best food items you can donate to food banks:

Answer: _____

Name: _____ Phone: _____

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