

# FOOD INSECURITY

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## Kaiser Fontana Community Needs Assessment



### Food Insecurity in Fontana

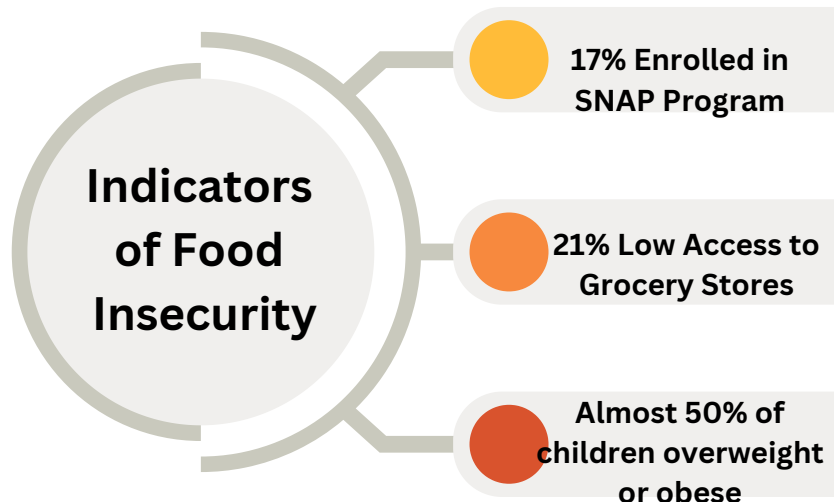
Fontana California is a part of the greater San Bernardino County where numbers show that there is around 11% of the population that is dealing with some level of food insecurity. Looking specifically at Fontana there are certain indicators that show the levels of food insecurity that exists such as the percentage of people enrolled in SNAP programs or the amount of overweight or obese children. During my time in Fontana I spoke with a few of the residents who expressed concern about the number of fast food options as opposed to healthy options and how challenging it was to eat healthy meals. Some informed me that it took them about 30 minutes out of their way to get to grocery stores such as Sprouts or Trader Joes where they could find the quality of foods they were looking for.

#### References

- <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics/>
- <https://usafacts.org/articles/what-is-food-insecurity-and-how-does-the-government-combat-it/>
- <https://about.kaiserpermanente.org/content/dam/kp/mykp/documents/reports/community-health/fontana-ontario-chna-2022.pdf>

### Food Insecurity in the United States

According to the USDA in the year 2022 there was a recorded 12.8% of households were food insecure at some point. This was up from 10.2% the previous year. This is in part due to many factors caused by the COVID 19 pandemic that caused many to lose jobs. There are a few programs that work to address this issue such as the Supplemental Nutrition Assistance Program (SNAP) which is also known as food stamps. While these programs prove helpful there is still around 50% not enrolled in programs like these.



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Community gardens provide space for individuals in the community to rent space to plant and harvest their own produce. Garden space is also used to hold free quarterly garden workshops to help encourage the community to do their own gardening.



Farmers markets provide a weekly place for people to buy local goods and produce. This encourages local business as well as eating healthy. Healthy Fontana also has a booth at every market that helps to educate attendees.



Healthy Fontana partners with local schools to host after school education programs. These programs educate children on healthy lifestyle habits such as healthy food alternatives, mental health resources, and physical activity.



The community is encouraged to join in on monthly walks held at different locations throughout the city in an effort to encourage people to stay active. Participants receive a free tee-shirt for registering and can record steps and earn a jacket for accomplishing reaching certain milestones.



Upcoming projects include partnerships with Feeding America as part of a grant from Kaiser to help fight food insecurity in the City of Fontana. Healthy Fontana often seeks out additional funding for projects to help meet community needs.

## HEALTHY FONTANA INITIATIVES