



Hunger Relief Newsletter

Senior Edition | Winter



United Way
of Palm Beach County

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Did you know there are Senior Citizens living in Palm Beach County who don't have enough nutritious food to eat?

Despite its wealth, more than 200,000 residents in Palm Beach County struggle with hunger, many of which are senior citizens. These elder residents often suffer in silence. They are faced with having to make the decision of buying groceries or paying for their prescription medications. As a result, they often skip meals.

Here, at United Way of Palm Beach County, we believe that every individual should have access to basic needs such as, shelter, food, and education. Led by this belief and recognizing the unacceptable consequences of hunger, United Way of Palm Beach County, the Palm Beach County Board of County Commissioners backed by a group of 183 organizations convened the Hunger Relief Project. Together, they identified the need to create a comprehensive plan to reduce local hunger, therefore, they commissioned The Food Research and Action Center (FRAC) and the University of South Carolina (USC) Center for Research in Nutrition and Health Disparities. FRAC and USC conducted a detailed study of Palm Beach County. The study features an online survey of 151 stakeholders, ten focus groups, ten interviews with people struggling with hunger, and 21 interviews with people engaged in anti-hunger work.

This robust public engagement resulted in the 2015 Hunger Relief Plan which is comprised of 10 goals that seek to address food insecurity in Palm Beach County

Of the 10 goals, goal number 5 talks directly to senior citizens facing food insecurity.

Goal #5: Low-income Older Residents of Palm Beach County Will Have Balanced, Nutritious Diets.

Want to know more about the Hunger Relief Plan and its 10 goals?

Please visit [United Way PBC - Hunger Relief](#)





BENEFITS OF VOLUNTEERING



- Gain confidence
- Make a difference
- Improve lives
- Strengthen communities
- Meet people
- Be part of a community
- Learn new skills
- Take on a challenge
- A sense of purpose
- There is a strong relationship

between volunteering and health such as:

Low mortality rates

Greater functional ability

Lower rates of depression

later in life

Have fun!

Source: Corporation for National
& Community Service

Join the Fight Against Hunger. Be a Hunger Hero Volunteer!

United Way of Palm Beach County, along with Meals-on-Wheels programs, Congregate Meal providers, and other organizations in the Community are working together to address senior food insecurity and together achieve goal # 5. However, this is a task that cannot be accomplished by one or a few agencies only. We need the support of the community if we are to see tangible results.

If you are a **newly retired individual** seeking to make appropriate use of your free time.

If you are a **college student** looking to complete community hours.

If you are an **individual that is available to help during lunch time**.

We ask you to become part of a large network that is committed to ending senior hunger. This New Year make the resolution to help improve someone else's life. Volunteer to deliver food to a home-bound senior or serve seniors at a congregate meal site. You can volunteer during your lunch break, during your free time, or if you're a student, between classes. Volunteer schedules are flexible. You can volunteer once, twice, or even five times a week. It's up to you. Don't worry, we understand that this may be a new field for you. We'll give you the proper training before sending you off to change Palm Beach County one individual at a time.

Contact us and we'll find the perfect volunteer opportunity close by. This is a terrific opportunity to meet new people or to do community hours. If you are a student, we'll help track your volunteer hours and document your service to the community.

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