

**New England
Medical Center Hospitals**

1796 Boston Dispensary
1894 Floating Hospital for Infants and Children
1938 Pratt Clinic
1948 New England Center Hospital
1958 Rehabilitation Institute



Tufts University

1893 School of Medicine
1899 School of Dental Medicine
1979 School of Veterinary Medicine
1980 Sackler School of Graduate
Biomedical Sciences

**Division of Pediatric
Gastroenterology and Nutrition**

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**Recommendations of the Hunger and Nutrition Action Group
5 May 1992**

The Hunger and Nutrition Action Group of the Cambridge Health of the City Task Force recommends the following:

- 1) Create a nutrition ombudsperson for the City of Cambridge. Many of the recommendations made below have been made repeatedly. Little continuity exists within the City government to explore these recommendations in detail, and to develop the networks necessary to implement them. Many of our recommendations affect process or practice, do not require new dollars, and are best addressed by centralizing responsibilities that are currently diffuse. Responsibilities of the ombudsperson would include outreach in programs such as school feeding and Food Stamps as well as the development and implementation of grant proposals. These activities will help make the ombudsperson cost-effective. For example, full enrollment in school feeding would increase the revenues of that program by \$165,000.
- 2) Continued efforts to implement the City of Cambridge Food Policy (see attached).
- 3) Promote the recognition that what happens in school feeding programs is as important to health and education as what happens in the classroom. Efforts in this area should include nutrition education, use of school meals as a learning laboratory, food preparation, and improved control in the lunchroom. The recent health curriculum includes a solid and innovative nutrition component. This should be strengthened by the inclusion of material regarding the USDA food pyramid.
- 4) Explore methods to reduce the stigmatization of children who consume the school breakfast and lunch. These methods might include a review of transportation so that children can consume breakfast without arriving late to class, and the use of meal tickets that can be purchased either at full value or discount.

5) Review utilization of school physical education facilities on a school by school basis to identify sites and limitations for increased intramural activities, especially for girls.

6) Initiate immediately the dispersal of information about summer feeding programs.

7) Develop and decentralize the capacity to assist people with the financial information necessary to enroll in WIC. Strengthen the capacity for follow-up of those who are WIC eligible and who have sought to enroll. Develop specific outreach materials and approaches for different ethnic groups. The most logical sites for these activities are Health Centers.

8) Increase pediatric nutrition services in Health Centers.

9) Support grant applications from Cambridge Department of Human Services re: nutrition for homeless and coordination of public and private food assistance.

Summer Feeding Program

- increase summer feeding program participation so that, by 1992, 25% of eligible children are enrolled
- develop innovative summer feeding programs in target areas, such as Area IV
- remove all economic, cultural, and language barriers which may prevent eligible children from participating

Grocery Stores

The City of Cambridge should convene meetings of representatives of grocery stores and nutritionists to discuss the implementation of a low-cost food security package or line of goods. This would be a set of basics that would be low cost and nutritious. Nutrition education should accompany each package.

SHARE

The City should make SHARE a city-wide program, perhaps using municipal and/or school facilities in order to make inexpensive nutritious food more accessible to the residents.

Bulk Purchasing

The City should look into increasing the quality of food at the Cambridge Food Pantry Network by purchasing bulk food (with the hospital, for example).

Food Recovery

The City should further the goal of a citywide food recovery/salvage program with hotels, restaurants, and grocery stores.

Assistance to Emergency Pantries and Feeding Programs

The City should make grants of \$25 per household served per year to each organization.

Integrating Nutrition Education Programs with Other Programs

- coordinate/integrate WIC with health and hospital programs
- integrate nutrition objectives with recreation, human service, and child care efforts
- make nutrition education an integral part of elementary curriculum

Cambridge Food Policy

The City should set a November hearing in order to assess progress on these goals as part of formulating a Cambridge Food Policy. Such a policy should include the special needs of

- children
- elders
- people with AIDS
- the disabled
- the homeless.

OBJECTIVES

Partial List Childhood Hunger Hearing Order

Public Service Campaign

It is obvious that many in the City of Cambridge simply do not know about the services, particularly federal assistance programs, available to them. The City of Cambridge should work together with the private sector organizations such as the Chamber of Commerce and local businesses such as Ackerley Communications, Cambridge Chronicle, Cambridge Tab, and Continental Cablevision, in order to engage in an outreach program which would focus on

- Food Stamp Program
- WIC Program
- School Breakfast and Lunch Programs
- Summer Feeding Program for Children.

This campaign should include billboards and posters around the city, newspaper ads, and television public service announcements in appropriate languages. Posters for the schools should be aimed to increase nutrition education and to reduce the stigma of participating in School Breakfast and Lunch Programs.

School Breakfast and Lunch Programs

Ensuring that children are fed during the school day is a dual responsibility of the City Council and the School Department. The policy of the School Department now is not to deny any child a lunch, regardless of ability to pay. However, we do not know how many children do not ask for lunches. Enrolling all eligible children in the programs would make this "charity" unnecessary in addition to saving the City as much as \$165 000 which is now being lost by not fully enrolling eligible children. Insofar as eligibility forms, the Council and School Committee can request that the School Department:

- require 100% return rates from all elementary schools
- create more readable materials explaining the program in both English and other languages
- help families fill out forms

The City Council can also

- ask for a report on the impact of budget decisions that would impact federal feeding programs and other issues that affect children's nutrition, such as busing schedules and scheduling of lunches and breakfasts.
- make eating nutritiously a priority in the schools. Breakfast and lunch are integral parts of every school day, not separate.
- ask the School Department to report on the environment of lunch periods, and specifically whether they are appropriately monitored.
- ask for the integration of nutrition education into the elementary curriculum
- set up joint meetings between the City Council, School Committee, and service providers to look at these issues.

Hunger is a hidden problem in Cambridge

City deluged with hungry families

The number of pantry sites has also increased from eight to 11 during the past year.

Find solution to hunger

However, increasing the number of pantries is not enough, according to many. Long range solutions to hunger have found.

is why the CEOC is circulating a petition for a broad Cambridge City Policy.

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TC, Summer Feeding

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said Bergman, referring

nd resolutions, which are less

nd than laws or specific policies.

There is a lot of denial about hunger

here," he added. "People don't think this

can happen in a city like Cambridge."

TV focuses on hunger

Cable telethon spotlights problem

CAMBRIDGE — A food drive is under way and a television show will be aired in an attempt to help feed the hungry and to inform other Cambridgeans about their neighbors in need.

From 7 p.m. to 11 p.m. on Nov. 3, a television titled "Hunger Horrors" will be broadcast on Channel 3.

THURSDAY, OCTOBER 3, 1991



Claudine Haverer receives food from two volunteers at the Human Street pantry. PHOTO BY BOB RAWSON

Feeding the hungry

City pantries say need grows as economy falters

By ANDY GROSS
Special to the Chronicle

Hunger in Cambridge has a human face. More often than not, that face belongs to a child, a woman or an elderly person. Gerald Bergman knows the faces of the hungry; he knows their numbers are steadily increasing and that dramatic help is not forthcoming.

According to Bergman, the scope and depth of the situation in Cambridge is profound. "Most communities," said Bergman, "want to deny that hunger exists."

Bergman is director of food pantry services for the Cambridge Economic Opportunity Committee, who is coordinating the city's Hunger Homeless/Housing Action week, Nov. 11-21. A 17-year resident of Cambridge, Bergman has seen changes that disturb him.

"I've seen Cambridge change. It's become two cities: a city of the rich and a city of the more working poor than ever stereotype of what kind of person," said Bergman, who said he across racial, ethnic and generational lines.

When the CEOC pantry opened, it received food. According to Bergman, 404 families, and 500 people were served in October at CEOC.

CEOC is one of 11 food pantries in Cambridge. They are staffed primarily by volunteer organizations such as the P. Bergman said most of the supplies are purchased from the small handling fee. Additions are government surplus commodities and donations.

Janet Murray of Food For Friends is trying to supplement peanut butter, canned goods and other foods more familiar to the populations.

Please

Voters asked to help fight hunger

By BOB RAWSON
Chronicle Staff

Voters in the upcoming election will be asked to address the growing problem of hunger in Cambridge. The Nov. 5 ballot will include a binding policy question asking whether the city should establish an official

FIGHTING HUNGER IN CAMBRIDGE

Pantries need help

Food shortage hits over 1,000 families a month

Visits to food pantries jump drastically



Linda McKensie, accompanied by her 3 1/2-year-old son, Jamie, has been using the food pantry at 11 Inman St. for the past month to help feed her family.

Food on the table

More than 2,000 people sign petition for a city hunger policy



SHARING FOOD — Ivy Smith of Cambridge puts grapefruit and lettuce into one of the plastic bags distributed by the SHARE at CEOC program last Saturday from their offices at 11 Inman St. Packages of food worth some \$30 were given to any resident who paid \$13 in cash or food stamps and completed two hours of volunteer work. See story on Page 5. (Photo by BJ Versoy)

BALLOT QUESTION 1

PUBLIC POLICY QUESTION - NOVEMBER 5, 1991

Shall the City of Cambridge, in response to the growing hunger crisis which affects primarily elders and one in four children, develop and implement a *Cambridge Food Policy* which would recognize the right of every resident to accessible, safe, nutritious, culturally acceptable and affordable food, without barriers and without stigma, and shall such a policy include as some of its goals:

- 1) at least 50% participation of all eligible children in the Summer Food Service Program for Children during the summer of 1992, and 100% return of eligibility applications during this 1991-1992 school year in the subsidized School Breakfast and Lunch program;
- 2) 100% accessibility to all Federally financed food programs, through development of an aggressive outreach campaign regarding the Federal Food Stamp Program, the Special Supplemental Food Program for Women, Infants and Children (WIC) and nutrition programs for elders, emphasizing the need for translated materials, multi-lingual human service workers and the elimination of the stigma of participation;
- 3) integration of nutrition education into elementary and secondary school curricula and ongoing monitoring and staffing of school food programs;
- 4) financial assistance for food purchases so that emergency food pantries, meal programs and shelters can provide adequate and nutritious food during the period in which other goals of the Cambridge Food Policy are being developed and implemented;
- 5) examination of overall city development and city policy for its impact on the availability of food to neighborhoods and individuals through non-emergency food sources, and recognition that people's access to safe, nutritious, culturally acceptable and affordable food must be a priority in overall city development and policy;
- 6) recruitment of a fully representative citywide committee of residents and providers with maximum possible representation by those in need, which would develop further goals and strategies regarding the Cambridge Food Policy and hold hearings every six months so that Cambridge residents can assess the progress being made by city councilors, school committee members, city employees and city agencies on the development and implementation of the Cambridge Food Policy.

SUMMARY

The proposed question involves the city's stance on the hunger crisis affecting primarily elders and children in Cambridge. A "yes" vote advises the City Council that Cambridge voters wish to have the City develop and implement a Cambridge Food Policy. A "no" vote advises the City Council that no change is wished.

According to Massachusetts General Laws, Chapter 630 of the Acts of 1989, the Election Commission is required to print arguments of proponents and opponents of a question submitted solely to the voters of Cambridge. Below are such arguments:

Argument for Question 1

One in four children in Cambridge is hungry or at risk of being hungry. Alarming numbers of elders and families struggle to meet minimal nutritional needs. Many of us are a paycheck, rent increase or health care crisis away from being unable to feed our families.

Your vote for a Cambridge Food Policy is a call to action. Hunger and malnutrition among Cambridge residents can and must be eliminated. Enough food exists to nourish everyone in the city. Hunger and malnutrition are symptoms of the larger problem of inadequate and unequal distribution of food and other resources.

The goals of the Cambridge Food Policy acknowledges that access to acceptable and affordable food without barriers and without stigma is a basic human right and part of a dignified human existence.

The Cambridge Food Policy will direct the city to make federal food programs more accessible. Hundreds of thousands of federal dollars go unspent because people are not signed up for programs which provide summer food for children, school breakfasts and lunches, and Food Stamps.

The Cambridge Food Policy goes beyond the work of meals programs and food pantries which serve more than 5000 Cambridge residents each month, by addressing not only the symptoms but the causes for hunger and malnutrition.

Access to safe, nutritious, culturally acceptable, and affordable food is a right, regardless of economic or social class. The Cambridge Food Policy will provide the framework within which the city, its residents and all groups in the city can take action.

PASSED ON NOVEMBER 5, 1991 -- 80% OF CAMBRIDGE VOTERS

VOTED YES -- IMMEDIATE ADOPTION OF A

CAMBRIDGE FOOD POLICY

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HUNGER AND NUTRITION ACTION GROUP
A Subcommittee of the Healthy Children Task Force

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Bread and Justice Food Programs/C.E.O.C.

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RECEIVED BY
CITY CLERK
1992 JUN -3 AM 9:57

June 1, 1992
CAMBRIDGE MA.

City Clerk
Cambridge City Hall
RE: Council Communications

RE: Update on Progress on Hunger Issues

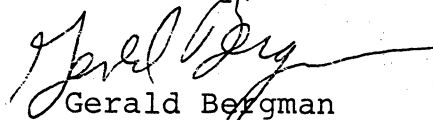
It has been more than one year since the City of Cambridge held its HUNGER HEARING to address the crisis of hunger in Cambridge.

It has been more than six months since the residents of Cambridge passed the HUNGER REFERENDUM by a nearly 4 - 1 margin.

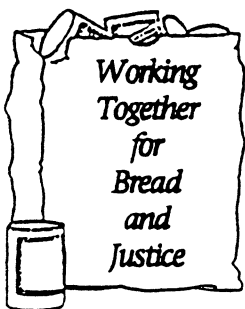
The recommendations of the Hunger and Nutrition Action Group of the Cambridge Health of the City Task Force are attached.

Thank you for your consideration of these recommendations.

Sincerely,



Gerald Bergman
Bread and Justice Food Programs



-
- Empower people in need
 - Advocate for new laws and regulations that will help hungry people
 - Expand public awareness of hunger and its root causes
 - Feed the hungry

CONSENT COMMUNICATION #3

8-480

Communication received from Gerald Bergman,
Bread and Justice Food Programs, trans-
mitting an update on hunger issues.

In City Council,

June 8, 1992

*Referred to the Hunger
Committee on motion
of Councillor Duckay.
Copy sent to Hunger
Committee 6/10/92 (de)*