



# Update: Real Reason for Hunger Hike Every Step—Every Dollar—Makes a Difference

**Hunger Hike** is a Community Fundraising event whose mission is to *Raise Awareness & Make a Difference* in the *Fight Against Hunger* — locally, regionally, & globally.



**Hunger Hike 3K Walk**  
**Sunday, Sept 21**  
Noon—Check-in  
2 p.m.—Hike starts  
Riehle Plaza, West  
Lafayette

**HH5K Run**  
**Saturday, Sept 20**  
9 a.m. – Cumberland  
Park, West Lafayette

## Hunger Hike



### Hike to Fight Hunger

- Make a **Donate** Online
- Go door-to-door in your neighborhood
- Make announcements at Organization meetings, events and services
- Call and email call your family & friends
- Use the **Online Fundraising site** to raise money
  - Create an online Fundraising Page
  - Email contacts & post messages on Social Media
  - Start a Hunger Hike **TEAM**; Support an existing Hunger Hike **Team**
- **Race** in the HH5K Run; bring a friend
- If you own a business, become a corporate **Sponsor**

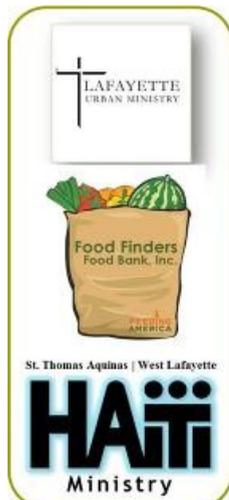
For everything you need to be a Hunger Hike success — Go to [www.hungerhike.org](http://www.hungerhike.org).

## Remember the Reason for Hunger Hike

This year the Hunger Hike **2014 fundraising goal** has been increased to **\$125,000**.

Revenue from Hunger Hike is divided each year among three hardworking organizations that fight each day in the battle against hunger and malnutrition – the food programs at Lafayette Urban Ministry, Food Finders Food Bank Inc., and the Haiti Ministry at St. Thomas Aquinas-the Catholic Center at Purdue.

With the additional funds raised this year, a few new initiatives will be possible. At LUM, the **St. John's/LUM Food Pantry will extend its hours and be open on Saturdays** in addition to its current operating hours during the week. Food Finders Food Bank will be able to expand its Mobile Pantry program to fight hunger when and where it is needed the most. St. Tom's Haiti Ministry will use the additional funds to further develop their pilot program of using seeds that will survive any weather conditions as well as expanding their water purification program.



A new “growth” fundraising goal will mean **more food will be purchased and distributed** to food pantries in mid-north Indiana; an increase in the number of hungry families & children served by the St. John's/LUM Food Pantry; and **more sustainable systems for growing food and having clean water in Haiti**.

Hunger Hike 2014 gives companies, organizations, families and individuals many ways to be a part of an event in our community with a tremendous positive impact on “Fighting Hunger. Go to [www.hungerhike.org](http://www.hungerhike.org).

## Facts about Hunger in USA & Haiti

### In the United States of America...

- Not having enough food to sustain a healthy life is a reality for **one in six** Americans, including children & seniors.
- **Only 10%** of the client households are **homeless** and **36%** of households served had at least **one working adult**.
- According to the USDA, **16 million children are living in food-insecure households**. School lunch programs do help but don't solve the whole problem.
- **23% of the adults** interviewed during the Hunger Study have **attended college** or a technical school. Education is extremely important but sometimes it's not enough.
- The lack of adequate nutrition affects the **cognitive and behavioral development** of children – as well as their physical growth.
- Children from food insecure, low-income households are more likely to experience **irritability, fatigue, and difficulty concentrating** compare to other children. This can make performing in school very difficult.
- According to the USDA, more than **three million rural households experience food insecurity** – that means they don't have dependable access to enough food to sustain a healthy life.
- According to the US Census Bureau, **poverty rates were highest among rural, non-metropolitan counties**, where it can be more difficulty for food banks and emergency food assistance to support them.
- According to the USDA, limited resources prevented **49 million** Americans from getting enough food.



### In Haiti...

- Haiti ranks **161** out of **187 countries** in the United Nations Human Development Index (HDI).
- Poverty, depletion of the environment and the limited capacity of the authorities to respond to a crisis means that **Haiti is highly vulnerable** to climatic shocks.
- **Three quarters** of Haitians **live on less than \$2 per day** and half of the population earns less than \$1 per day.
- Access to **education is low**, with illiteracy rates almost 50%.
- In rural areas, almost **90 percent live below the poverty level** and basic social services are practically nonexistent.
- Food insecurity is persistent in Haiti and today nearly a **third of the population is considered food insecure**; of these 600,000 need food assistance to survive.
- Currently, **1 in every 5 children** suffers from chronic malnutrition, 6.5% percent from acute malnutrition, while more than half of women and children suffer from anemia.

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